



**Praying Through  
the Year Using the**

# **Daily Office**



## ***Praying the Daily Office***

**Introduction:** *The Daily Office, also called “Fixed Hours of Prayer,” is an ancient discipline intended to accomplish two primary goals: 1) to offer praise to God throughout the day in recognition of His worth, and 2) to daily keep us connected to the presence and power of God. We, at York Alliance, used this tool throughout the 2020 year. We were encouraged to pray three daily offices—Morning, Midday and Evening. The specific times of these offices will vary from person to person but, ideally, should remain consistent from day to day.*

# **WEEK 1 - MORNING OFFICE**

## **Silence and Centering**

### **Canticle (Song of Praise) for the week:** Psalm 100

Be joyful in the Lord, all you lands; serve the Lord with gladness and come before His presence with a song. \*

Know this: The Lord Himself is God; He Himself has made us, and we are His; we are His people and the sheep of His pasture. \*

Enter His gates with thanksgiving; go into His courts with praise; give thanks to Him and call upon His name. \*

For the Lord is good; His mercy is everlasting; and His faithfulness endures from age to age. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

## **Morning Prayer**

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.

## **Morning Psalm for the week:** Psalm 99

### **Scripture Readings**

Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.

Sunday: Ephesians 1:3-14 / Monday: James 1:2-8 / Tuesday: Isaiah 9:1-7

Wednesday: Matthew 16:1-4 / Thursday: Acts 2:22-24 /

Friday: 1 Kings 3:1-9 / Saturday: Hebrews 5:11-14

## **Lord's Prayer** (Pray slowly, phrase by phrase)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins

As we forgive those who sin against us.

Lead us not into temptation, but deliver us from evil.

For the kingdom, the power, and the glory are Yours. Amen.

## **Closing Grace**

*May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.*

# **MIDDAY OFFICE**

## **Silence and Centering**

### **Canticle for the week**

## **Midday Prayer**

O God, who wonderfully created, and yet more wonderfully restored, the dignity of human nature: Grant that we may share the divine life of Him who humbled Himself to share our humanity, your Son Jesus Christ; who lives and reigns with You, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

## **Midday Psalm for the week:** Psalm 150

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. (Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end, Amen. (Speak these words slowly, meditating on the glory of the eternal God and ways that you've seen His glory today.)

## **The Lord's Prayer**

### **Closing Grace**

*We thank you for the blessing of family and friends, and for the loving care with which surrounds us on every side. Let us bless the Lord. Thanks be to God.*

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Most holy God, the source of all good desires, all right judgments, and all just works: Give to us, Your servants, that peace which the world cannot give, so that our minds may be fixed on the doing of Your will, and that we, being delivered from the fear of all enemies, may live in peace and quietness; through the mercies of Christ Jesus our Savior. Amen.

**Evening Psalm for the week:** Psalm 110

### **Confession/Gloria Patri**

### **General Thanksgiving**

*Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life; but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of Your mercies, that with truly thankful hearts we may show forth Your praise, not only with our lips, but in our lives, by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.*

### **Closing Grace**

*Protect us, Lord, as we stay awake; watch over us as we sleep, that awake we may watch with Christ, and asleep, rest in His peace. Amen.*

## **WEEK 2 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle (Song of Praise) for the week:** Isaiah 12:2-6

Surely, it is God who saves me; I will trust in Him and not be afraid. \*

For the Lord is my stronghold and my sure defense; and He will be my Savior. \*

Therefore, you shall draw water with rejoicing from the springs of salvation. \*

And on that day, you shall say, give thanks to the Lord and call upon His Name; \*

Make His deeds known among the peoples; see that they remember His Name is exalted. \*

Sing the praises of the lord, for He has done great things, and this is known in all the world. \*

Cry aloud, inhabitants of Zion, ring out your joy; for the great One in the midst of you is the Holy One of Israel. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh God, the author of peace and lover of unity, 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.

### **Morning Psalm for the week:** Psalm 23

#### **Scripture Readings**

Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.

Sunday: Matthew 3:13-17 / Monday: Matthew 2:13-18 / Tuesday: John 1:1-13

Wednesday: John 1:35-42 / Thursday: 2 Corinthians 11:1-15

Friday: 2 Corinthians 11:16-30 / Saturday: Matthew 10:34-39

#### **Lord's Prayer** (*Pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins

As we forgive those who sin against us.

Lead us not into temptation, but deliver us from evil.

For the kingdom, the power, and the glory are Yours. Amen.

### **Closing Grace**

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine; Glory to Him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Eternal God, 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.

## **Midday Psalm for the week:** Psalm 126

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end, Amen. *(Speak these words slowly, meditating on the glory of the eternal God and ways that you've seen His glory today.)*

### **The Lord's Prayer**

#### **Closing Grace**

We thank You for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Be our light in the darkness, O Lord, and in Your great mercy defend us from all perils and dangers of this night. Look down from Your heavenly throne and illumine this night with Your celestial brightness; that by night as by day Your people may glorify Your holy Name; through Jesus Christ our Lord. Amen.

### **Evening Psalm for the week:** Psalm 26

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life; but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of Your mercies, that with truly thankful hearts we may show forth Your praise, not only with our lips, but in our lives, by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ and asleep we may rest in peace. The almighty and merciful Lord, Father, Son, and Holy Spirit bless us and keep us. Amen.

## **WEEK 3 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle (Song of Praise) for the week:** Isaiah 55:6-13

Seek the Lord while He wills to be found; call upon Him when He draws near. \*

Let the wicked forsake their ways; and the evil ones their thoughts; \*

And let them turn to the Lord, and He will have compassion, and to our God, for He will richly pardon. \*

For My thoughts are not your thoughts, nor your ways My ways, says the Lord; \*

For as the heavens are higher than the earth; so are My ways higher than your ways, and My thoughts higher than your thoughts. \*

For as rain and snow fall from the heavens, and return not again, but water the earth, \*

Bringing forth life and giving growth, seed for sowing and bread for eating, \*

So is My Word that goes forth from My mouth: it will not return to Me empty; \*

But it will accomplish that which I have purposed and prosper in that for which I sent it. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord God, almighty and everlasting Father You have brought us in safety to this new day. Preserve us with Your mighty power that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of Your purpose; through Jesus Christ our Lord. Amen.

### **Morning Psalm for the week:** Psalm 46

#### **Scripture Readings**

Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.

Sunday: John 1:29-42 / Monday: Psalm 63:1-8 / Tuesday: Jeremiah 29:10-14 /

Wednesday: Matthew 5:1-11 / Thursday: John 8:12-20 /

Friday: Ephesians 1:15-23 / Saturday: Luke 19:1-10

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

Your Kingdom come, Your will be done on earth as it is in heaven.

Give us today our daily bread.

Forgive us our sins

As we forgive those who sin against us.

Lead us not into temptation, but deliver us from evil.

For the kingdom, the power, and the glory are Yours. Amen.

### **Closing Grace**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Mighty Ruler, true God, You who regulate the functions of all things and provide morning its splendor, the midday its heat. Extinguish the flames of quarrels, take away harmful passions, grant healing of body and true peace of heart. Amen.



## **Midday Psalm for the week:** Psalm 119:105-108

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end, Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **The Lord's Prayer**

#### **Closing Grace**

We thank You also for those disappointments and failures that lead us to acknowledge our dependence on You alone. We bless You, Lord. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Oh God, the life of all who live, the light of the faithful, the strength of those who labor, and the repose of the dead: We thank You for the blessings of the day that is past, and humbly ask for Your protection through the coming night. Bring us in safety to the morning hours. Through Him who died and rose again for us, Your Son, our Savior, Jesus Christ. Amen.

## **Evening Psalm for the week:** Psalm 134

### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies, that with truly thankful hearts we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Visit this place, O Lord, and drive far from it all snares of the enemy. Let Your holy angels' dwell with us to preserve us in peace. And let Your blessings be upon us always, through Jesus Christ our Lord. Amen.

## **WEEK 4 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Luke 1 - The Song of Mary

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior: for He has looked with favor on His lowly servant. \*

From this day all generations will call me blessed; the Almighty has done great things for me, and Holy is His name. \*

He has mercy on those who fear Him in every generation. \*

He has shown the strength of His arm, He has scattered the proud in their conceit. \*

He has cast down the mighty from their thrones and has lifted up the lowly. \*

He has filled the hungry with good things, and the rich He has sent away empty. \*

He has come to the help of His servant Israel, for He remembered His promise of mercy. \*

The promise He made to our fathers, to Abraham and to His children forever.\*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

May our compassionate God drive away all our anguish, bestow health, and give us, by the loving-kindness of the Father, the kingdoms of the heavens. Amen.

**Morning Psalm for the week:** Psalm 95

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Matthew 4:12-23 / Monday: Exodus 3:1-12 / Tuesday: Jeremiah 1:1-10 /

Wednesday: 1 Samuel 3:1-18 / Thursday: Acts 9:1-9 /

Friday: Acts 9:10-19 / Saturday: John 13:1-11

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name.

Your Kingdom come, Your will be done on earth as it is in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

O Light, blessed Trinity and perfect Unity, as the sun shines brightly in the sky, pour the light of Your presence into our hearts. Amen.

**Midday Psalm for the week:** Psalm 134

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\*

In Your mercy forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end, Amen.

### **The Lord's Prayer**

### **Closing Grace**

Yours is the day, O God, Yours also the night. You established the moon and the sun. You fixed all the boundaries of the earth. You made both summer and winter. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Almighty and ever-living God, we confidently call You Father as well as Lord. Renew Your Spirit in us to make us more perfectly Your children, that we may joyfully receive Your promised inheritance. We ask this through our Lord Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, One God forever and ever. Amen.

### **Evening Psalm for the week: Psalm 134**

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord Jesus, You who have triumphed over the powers of death and prepared for us a place in the New Jerusalem: Grant that we, who have this day given thanks for Your resurrection, praise You, who is the Light. To You be all glory and honor forever and ever. Amen.

## **WEEK 5 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 60 (*The Third Song of Isaiah*)

Arise, shine, for your light has come, and the glory of the Lord has dawned upon you.\*

For behold, darkness covers the land; deep gloom enshrouds the peoples.\*

But over you the Lord will rise, and his glory will appear upon you.\*

Nations will stream to your light, and kings to the brightness of your dawning.\*

Your gates will always be open; by day or night they will never be shut.\*

They will call you The City of the Lord, the Zion of the Holy One of Israel.\*

Violence will no more be heard in your land, ruin or destruction within your borders.\*

You will call your walls Salvation, and all your portals Praise.\*

The sun will no more be your light by day; by night you will not need the brightness of the moon.\*

The Lord will be your everlasting light, and your God will be your glory.\*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Heavenly Father, in You we live and move and have our being. We humbly ask You 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, we pray. Amen.

### **Morning Psalm for the week:** Psalm 8

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Micah 6:1-8 / Monday: Jeremiah 6:1-16 / Tuesday: Matthew 11:25-30 /

Wednesday: Psalm 116:1-7 / Thursday: Isaiah 40:27-31 /

Friday: Mark 6:30-42 / Saturday: Hebrews 4:1-11

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Midday Prayer**

Lord Jesus, splendor of the Father's glory, O true Sun, descend, sparkling with uninterrupted brightness: O radiance of the Spirit, pour in upon our senses. Amen.

### **Midday Psalm for the week:** Psalm 121

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end, Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **The Lord's Prayer**

### **Closing Grace**

Above all, we thank You for Your Son Jesus Christ: for the truth of His Word and the example of His life: for His steadfast obedience, by which He overcame temptation; for His dying, through which He overcame death; and for His rising to life again, in which we are raised to the life of Your kingdom. We bless You, Lord. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord Jesus, stay with us, for evening is at hand and the day is past. Be our companion on 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.

**Evening Psalm for the week:** Psalm 4

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Keep watch, dear Lord, with those who work, or watch or weep this night, and give Your angels charge over those who sleep. Tend the sick, Lord Christ. Give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous—all for Your love's sake. Amen.

## **WEEK 6 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Revelation 4:11, 5:9-10, 13 (*A Song to the Lamb*)

Splendor and honor and kingly power are Yours by right, O Lord our God, \*  
For You created everything that is, and by Your will they were created and have their being; \*  
And Yours by right, O Lamb that was slain, for with Your blood You have redeemed for God, \*  
From every family, language, people, and nation, a kingdom of priests to serve our God. \*  
And so, to Him who sits upon the throne, and to Christ the Lamb, \*  
Be worship and praise, dominion, and splendor, forever and forevermore. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Almighty and eternal Father, a new day dawned when Your only begotten Son came among us. Grant that we who share in His human nature may also share in the kingdom of His glory, We pray this through the same Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, one God forever and ever. Amen.

**Morning Psalm for the week:** Psalm 51

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Isaiah 58:1-12 / Monday: Luke 3:21-22 / Tuesday: 2 Peter 1:16-21 /  
Wednesday: Psalm 18:1-6 / Thursday: Psalm 18:17-19 /  
Friday: 1 John 3:1-3 / Saturday: Psalm 127:1-2

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Almighty God, whose most dear Son went not up to joy, but first 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.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Oh Christ, You are the Light, the Splendor of the Father, and the eternal Hope of all things. Listen to the prayers which Your servants throughout the world pour forth. Amen.

**Midday Psalm for the week:** Psalm 13

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\*

In Your mercy forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end, Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer** *(pray slowly, phrase by phrase)*

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Grant us the gift of Your Spirit, that we may know Christ and make Him known; and through Him, at all times and in all places, may give thanks to You in all things. Let us bless the Lord. Thanks be to God. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord Jesus Christ, by Your death You took away the sting of death: Grant to us Your servants so to follow in faith where You have led the way, that we may at length fall asleep peacefully in You and wake up in Your likeness: for Your tender mercies' sake. Amen.

**Evening Psalm for the week:** Psalm 116

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Oh God, Your unfailing providence sustains the world we live in and the life we live. Both day and night, watch over those who work while others sleep and grant that we may never forget that our common life depends upon each other's toil. Guide us waking, O Lord, and guard us sleeping... that awake we may watch Christ, and asleep we may rest in peace. Amen

## **WEEK 7 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Revelation 15:3-4 (*The Song of the Redeemed*)

O ruler of the universe, Lord God, great deeds are they that You have done.  
Surpassing human understanding, Your ways are ways of righteousness and truth.\*

O King of all the ages, Who can fail to do You homage, Lord?  
And sing the praises of Your Name, for You only are the Holy One.\*

All nations will draw near and fall down before You  
because Your just and holy works have been revealed.\*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Almighty God, who after the creation of the world rested from all Your works and sanctified a day of rest for all Your creatures, grant that we, putting away all earthly anxieties, may be duly prepared for the service of Your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to Your people in heaven. Through Jesus Christ our Lord, we pray. Amen.

**Morning Psalm for the week:** Psalm 42

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Corinthians 3:1-9 / Monday: Luke 3:21-22 / Tuesday: Ezekiel 37:1-6 /  
Wednesday: Psalm 69:1-3 / Thursday: Mark 15:25-32 /  
Friday: Matthew 28:1-10 / Saturday: James 1:12-18

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all forevermore. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Pour into us now, O most loving One, the gift of eternal grace, so that, by the misfortunes of new deception, old error may not destroy us. Amen.

**Midday Psalm for the week:** Psalm 8

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with



our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Accept O Lord, our thanks and praise for all that You have done for us. We thank You for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

O God, the source of eternal light, shed forth Your unending day upon us who watch for You, that our lips may praise You, that our lives may bless You, and that our worship on the morrow give You the glory. Through Jesus Christ, our Lord. Amen.

**Evening Psalm for the week:** Psalm 15

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

We give You thanks, O God, for revealing Your Son Jesus Christ to us by the light of His resurrection. Grant that as we sing Your glory at the close of this day, our joy may abound in the morning as we celebrate the Paschal mystery. Through Jesus Christ our Lord, we pray. Amen.

## **WEEK 8 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** *The Song of Simeon*

Lord, You now have set Your servant free to go in peace as You have promised; \*

For these eyes of mine have seen the Savior, Whom You have prepared for all the world to see: \*

A light to enlighten the nations, and the glory of Your people Israel. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Show us Your mercy, O Lord, and grant us Your salvation. Clothe Your ministers with righteousness; let Your people sing with joy. Give peace, O Lord, in all the world, for only in You can we live in safety. Lord, keep this nation under Your care, and guide us in the way of justice and truth. Let Your way be known upon earth, Your saving health among all nations. Let not the needy, O Lord, be forgotten, nor the hope of the poor be taken away. Create in us clean hearts, O God, and sustain us with Your Holy Spirit. Amen.

**Morning Psalm for the week:** Psalm 29

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Corinthians 3:10-11 / Monday: Matthew 4:1-11 / Tuesday: James 4:1-10 /  
Wednesday: Psalm 91:1-16 / Thursday: Luke 22:24-30 /  
Friday: I Corinthians 10:1-13 / Saturday: Hebrews 4:14-16

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be forever. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

O God of peace and justice, of holiness and love, knit us together in mind and flesh, in feeling and in spirit. And make us one, ready for that great day, the fulfillment of all our hopes and the glory of Jesus Christ. Keep us in the spirit of joy and simplicity and mercy. Bless us and those You have entrusted to us, in and through Jesus Christ our Savior. Amen.

**Midday Psalm for the week:** Psalm 9

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\*

In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen.

### **Lord's Prayer**

### **Closing Grace**

Blessed Savior, at this hour, You hung upon the cross, stretching out Your loving arms. Grant that all the peoples of the earth may be drawn to Your uplifted love for Your kingdom's sake. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

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.

**Evening Psalm for the week:** Psalm 7

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we, Your unworthy servants, give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

O living and eternal God, You are more ready to give than we are to ask. Grant us a new vision of Yourself, that seeing You as You are, we may desire You, and desiring You, may surrender our lives to You. We ask this through our Lord Jesus Christ Your Son, who lives and reigns with You and the Holy Spirit, One God forever and ever.

## **WEEK 9 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Isaiah 40:1-2, (*Gloria in Excelsis*)

Glory be to God on high, and on earth peace, good will towards men. \*

We praise You; we bless You, we worship You, we glorify You, we give thanks to You for Your great glory, O Lord God, heavenly King, God the Father Almighty. \*

O Lord, the only begotten Son, Jesus Christ; O Lord God, Lamb of God, Son of the Father, who takes away the sins of the world, have mercy upon us. \*

You, who takes away the sins of the world, receive our prayer. You who sits at the right hand of God the Father, have mercy upon us. \*

For You alone are holy, You only are the Lord; You only, O Christ, with the Holy Spirit, are most high in the glory of God the Father. Amen.\*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

O Jesus, our redemption, love and desire, may Your love constrain You to pass over our evils, sparing us. And having answered our prayer, may You satisfy us with Your face. Amen.

**Morning Psalm for the week:** Psalm 9

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Hosea 2:14-20 / Monday: Mark 8:31-38 / Tuesday: Matthew 16:24-28 /

Wednesday: Luke 12:13-21 / Thursday: Psalm 84:1-12 /

Friday: Matthew 16:21-23 / Saturday: John 5:19-24

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

O God come to our assistance. Oh Lord, make haste to help us. O great Creator of the earth cleanse the wounds of our souls with the freshness of Your grace. Destroy wrong impulses and let us be filled with Your good things. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

O living and eternal God, You are more ready to give than we are to ask. Grant us a new vision of Yourself, that seeing You as You are, we may desire You, and that desiring You, we may surrender our lives to You. We ask this through our Lord Jesus Christ, Your Son. Amen.

**Midday Psalm for the week:** Psalm 33

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

### **Closing Grace**

Lord God, almighty and everlasting Father, we thank You for this new day. Preserve us with Your mighty power, that we not fall into sin, nor be overcome by adversity. And in all we do, direct us to the fulfilling of Your purpose, through Jesus Christ our Lord. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

O God and Father of all, whom the whole heavens adore: Let the whole earth also worship You, all nations obey You, all tongues confess and bless You, and men and women everywhere love You and serve You in peace. Through Jesus Christ our Lord, we pray. Amen.

**Evening Psalm for the week:** Psalm 89

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

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, we pray. Amen.

## **WEEK 10 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:**

You are God: we praise You; You are the Lord; we acclaim You; You are the eternal Father; All creation worships You. \*

To You all angels, all powers of heaven, cherubim and seraphim, sing in endless praise: Holy, Holy, Holy Lord, God of power and might, heaven and earth are full of Your glory. \*

Throughout the world the holy church acclaim You; Father of majesty unbounded, Your true and only Son, worthy of all worship, and the Holy Spirit, advocate and guide. \*

You, Christ, are the King of Glory, the eternal Son of the Father. You overcame the sting of death and opened the kingdom of heaven to all believers. You are seated at God's right hand in glory. \*

We believe that You will come and be our judge. Come then, Lord, and help Your people, bought with the price of Your own blood, and bring us with Your saints to glory everlasting. Amen. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from Your ways and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of Your Word. In the name of Jesus Christ Your Son who, with You and the Holy Spirit, lives and reigns, one God, forever and ever. Amen.

### **Morning Psalm for the week:** Psalm 40

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Exodus 24:12-18 / Monday: Matthew 17:1-8 / Tuesday: Isaiah 42:1-9 /

Wednesday: Romans 12:1-2 / Thursday: Romans 12:9-13 /

Friday: Romans 12:14-21 / Saturday: Colossians 3:12-17

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

We give thanks, O God, for revealing Your Son Jesus Christ to us by the light of His resurrection: grant that as we sing Your glory at the close of this day, our joy may abound as we celebrate the mystery: through Jesus Christ our Lord. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

## **Midday Prayer**

Almighty and everlasting God, You have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sin and acknowledging our wretchedness, may obtain of You, the God of all mercy, perfect remission and forgiveness. Through Jesus Christ our Lord, we pray. Amen.

**Midday Psalm for the week:** Psalm 133

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

## **Closing Grace**

Almighty Savior, as You had called your servant Paul to be an apostle to the Gentiles, we ask 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.

## **EVENING OFFICE**

## **Silence and Centering**

## **Canticle for the week**

## **Evening Prayer**

○ God, strengthen Your servants with Your heavenly grace, that we may continue to pursue Your presence, and daily increase in us an awareness of Your Holy Spirit, until we come to Your everlasting kingdom.

**Evening Psalm for the week:** Psalm 65

## **Confession/Gloria Patri**

## **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

## **Closing Grace**

○ living God, in Jesus Christ, You were laid in the tomb at this evening hour, and so sanctified the grave to be a bed of hope to Your people. Give us courage and faith to die daily to our sin and pride that, even as this flesh and blood decays, our lives still may grow in You, that at our last day our dying may be done so well that we live in You forever. Amen.

# **WEEK 11 - MORNING OFFICE**

## **Silence and Centering**

**Canticle for the week:** Isaiah 60:1-3, 11, 14, 18-19

Arise, shine, for Your light has come, and the glory of the Lord has dawned on You. For behold, darkness covers the land; deep gloom enshrouds the people. \*

But over you the Lord will rise, and His glory will appear upon you. Nations will stream to Your light, and Your kings to the brightest of Your dawning. \*

Your gates will always be open; by day or night they will never be shut. They will call you, The City of the Lord, The Zion of the Holy One of Israel. \*

Violence will no more be heard in your land, ruin, or destruction within your borders. You will call Your walls salvation, and all Your portals praise. \*

The sun will no longer be your light by day; by night you will not need the brightness of the moon. The Lord will be your everlasting light, and your God will be your glory. Amen. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

## **Morning Prayer**

O God, You make us glad with the weekly remembrance of the glorious resurrection of Your Son our Lord. Give us this day such blessing through our worship of You, that the week to come may be spent in Your favor. Through Jesus Christ our Lord, we pray.

**Morning Psalm for the week:** Psalm 119:1-8

## **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Genesis 2:15-17 / Monday: Luke 22:24-30 / Tuesday: Isaiah 41:8-10 /  
Wednesday: Luke 16:10-13 / Thursday: Matthew 12:15-21 /  
Friday: 1 Corinthians 4:1-5 / Saturday: John 15:12-16

## **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

## **Closing Grace**

Let your Spirit, O Lord, come into the midst of us to wash us with the pure water of repentance, and prepare us to be always a living sacrifice to You. Through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.

# **MIDDAY OFFICE**

## **Silence and Centering**

**Canticle for the week**

## **Midday Prayer**

Most holy God, the source of all good desires, all right judgements, and all just works: Give to us, Your servants, that peace which the world cannot give, so that our minds may be fixed on the doing of Your will, and that we, being delivered from the fear of all enemies, may live in peace and quietness. Through the mercies of Christ Jesus our Savior, we pray. Amen.



## **Midday Psalm for the week:** Psalm 130

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

O God and Father of all, whom the whole heavens adore: Let the whole earth also worship You, all nations obey You, all tongues confess and bless You, and men and women everywhere love You and serve You in peace. Through Jesus Christ our Lord, we pray. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Grant us the gift of Your Spirit, that we may know Him and make Him known. Through Him, at all times and in all places, may we give thanks to You in all things. Amen.

### **Evening Psalm for the week:** Psalm 64

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in Your mercy, grant us a safe lodging, and a holy rest, and peace at the last. Amen.

## **WEEK 12 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Luke 1:68-79 (*Song of Zechariah*)

Blessed are You, Lord, the God of Israel; You have come to Your people and set them free. You have raised up for us a mighty Savior, born of the house of Your servant David. \*

Through Your holy prophets You promised of old to save us from our enemies, from the hands of all who hate us. \*

To show mercy to our forebears, and to remember Your holy covenant. This was the oath You swore to our father Abraham, \*

to set us free from the hands of our enemies, Free to worship You without fear, holy and righteous before You all the days of our life. \*

And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare the way, \*

To give God's people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God, the dawn from on high shall break upon us, \*

To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Almighty God, you know that we have no power in ourselves to help ourselves. Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul. Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

**Morning Psalm for the week:** Psalm 16

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Genesis 12:1-4 / Monday: Matthew 16:24-28 / Tuesday: Acts 14:21-23 /  
Wednesday: 2 Timothy 2:8-13 / Thursday: Romans 6:5-11 /  
Friday: 1 Thessalonians 3:1-13 / Saturday: Luke 14:25-33

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

O heavenly Father, You have filled the world with beauty. Open our eyes to behold Your gracious hand in all Your works that, rejoicing in Your whole creation, we may learn to serve You with gladness. For the sake of Him through whom all things were made, your Son Jesus Christ our Lord, we pray. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

## **Midday Prayer**

Merciful Father, we have no power in ourselves to help ourselves. When we are discouraged by our weakness, give us strength to follow Christ, our pattern and our hope, who lives and reigns with You, in the unity of the Holy Spirit, one God, world without end. Amen.

**Midday Psalm for the week:** Psalm 78.1-16

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

## **Closing Grace**

God most holy, we give You thanks for Your presence with us this day, for walking with us through our morning and going before us in all our ways. We ask you for Your joy as we spend this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Heavenly Father, You have made us for Yourself, and our hearts are restless until they rest in You. Look with compassion upon the heartfelt desires of Your servants, and purify our disordered affections, that we may behold Your eternal glory in the face of Christ Jesus, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.

**Evening Psalm for the week:** Psalm 124

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may rest in Your eternal changelessness. Through Jesus Christ our Lord, we pray. Amen

## **WEEK 13 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 12:2-6

Surely, it is God who saves me; I will trust in him and not be afraid. \*

For the Lord is my stronghold and my sure defense, and He will be my Savior. \*

Therefore, you shall draw water with rejoicing from the springs of salvation. \*

And on that day, you shall say, give thanks to the Lord and call upon His Name; \*

Make His deeds known among the peoples; see that they remember that His Name is exalted. \*

Sing the praises of the Lord, for He has done great things, and this is known in all the world. \*

Cry aloud, inhabitants of Zion, ring out your joy, for the great one in the midst of you is the Holy One of Israel. \*

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

O God, You have made of one blood all the peoples of the earth, and sent Your blessed Son to preach peace to those who are far off and to those who are near. Grant that people everywhere may seek after You and find You. Bring the nations into Your fold. Pour out Your Spirit upon all flesh and hasten the coming of Your kingdom. Through Jesus Christ our Lord, we pray. Amen.

### **Morning Psalm for the week:** Psalm 89:1-18

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Romans 5:1-11 / Monday: Matthew 5:13-16 / Tuesday: 2 Corinthians 4:16-18 /

Wednesday: 2 Corinthians 5:1-10 / Thursday: Matthew 15:10-20 /

Friday: Philippians 3:1-11 / Saturday: John 16:25-33

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Almighty God, who after the creation of the world rested from all Your works and sanctified a day of rest for all Your creatures, grant that we, putting away all earthly anxieties, may be duly prepared for the service of Your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to Your people in heaven. Through Jesus Christ our Lord, we pray. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

○ God and Father of all, whom the whole heavens adore, let the whole earth also worship You, all nations obey You, all tongues confess and bless You, and men and women everywhere love You and serve You in peace. Through Jesus our Lord, Amen.

**Midday Psalm for the week:** Psalm 89:33-52

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Gracious Father, whose blessed Son, Jesus Christ, came down from heaven, to be the true bread which gives life to the world: Evermore give us this bread, that He may live in us, and we in Him, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

○ gracious, ever living Father in heaven, ○ Jesus Christ, holy and blessed! Now as we come to the setting of the sun, and our eyes behold the vesper light, we sing Your praises, ○ God, Father, Son, and Holy Spirit. You are worthy at all times to be praised with a joyful voice. ○ Son of God, ○ Giver of life, may You be glorified through all the world. Amen.

**Evening Psalm for the week:** Psalm 37

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

○ God, Your unfailing providence sustains the world we live in and the life we live. Watch over those, both night and day, who work while others sleep, and grant that we may never forget that our life depends upon You. Guide us waking, ○ Lord, and guard us sleeping, that awake we may watch with Christ, and asleep we may rest in peace. Through Jesus Christ our Lord, we pray. Amen.

## **WEEK 14 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** *Psalm 103:8-18*

The Lord is full of compassion and mercy, slow to anger and of great kindness. He will not always accuse us, neither will He keep His anger forever. \*

He has not dealt with us according to our sins, nor rewarded us according to our wickedness. For as the heavens are high above the earth, so great is His mercy. \*

As far as the east is from the west, so far has He set our sins from us. As a father has compassion on his children, so is the Lord merciful towards those who fear Him. \*

For He knows of what we are made; He remembers that we are but dust. Our days are but as grass; we flourish as a flower of the field; \*

But the merciful goodness of the Lord is from of old and endures forever on those who fear Him, and His righteousness on children's children; on those who keep His covenant and remember His commandments to do them. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

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. Amen.

### **Morning Psalm for the week:** Psalm 100

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Ephesians 5:8-14 / Monday: James 1:12-16 / Tuesday: Ezekiel 34:1-6  
/ Wednesday: Galatians 5:8-20 / Thursday: 1 Corinthians 11:17-22 /  
Friday: Mark 6:1-6 / Saturday: 3 John 2-12

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Almighty God, You can bring order to the 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 this world, our hearts may surely there be fixed where true joys are to be found. Through Jesus Christ our Lord. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

○ God, give us strength as we live our days. Keep us courageous before its difficulties and its duties. Let us not lose faith. Keep us sweet, despite ingratitude, treachery, or meanness. Help us to keep our hearts clean, and to live honestly and fearlessly that no outward failure can dishearten us from the joy of knowing You. Open wide our eyes

that we may see Your goodness in all things. In the name of the strong Deliverer, our only Lord and Savior, Jesus Christ, we pray. *Amen.*

### **Midday Psalm for the week:** Psalm 71

#### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

#### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

#### **Lord's Prayer**

#### **Closing Grace**

Almighty God, You have created the heavens and the earth and made us in Your own image. Teach us to discern Your hand in all Your works and Your likeness in all Your children. Through Jesus Christ your Son our Lord, who with you and the Holy Spirit reigns supreme over all things, now and for ever. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

#### **Evening Prayer**

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, who lives and reigns with You and the Holy Spirit, one God, now and for ever. Amen.

### **Evening Psalm for the week:** Psalm 35

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

O God, grant us new courage to embark on this unique journey called life. By faith, we surrender, our need and desire to be in control of every moment, event, circumstance, or person we have met today. Fill us with Your peace, as we lay down our agenda and will to You, by faith. Through Jesus Christ our Lord, we pray. Amen.

## **WEEK 15 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** *Exodus 15:1-6,17-18*

I will sing to the LORD, for He is gloriously triumphant; the horse and chariot He has cast into the sea. \*

My strength and my courage is the LORD, and He has been my savior. He is my God, I praise Him; the God of my father, I extol Him. \*

The LORD is a warrior, Lord is His name! Pharaoh's chariots and army He hurled into the sea; the elite of his officers were submerged in the Red Sea. \*

The flood waters covered them; they sank into the depths like a stone. Your right hand, O LORD, is magnificent in power. \*

You brought in the people You redeemed and planted them on the mountain of Your inheritance the place where You made Your seat, O LORD, the sanctuary, LORD, which Your hands established. The LORD shall reign forever and ever.\*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

O God, through Your one and only Son, You have conquered death and unlocked for us relationship with You and life with You for eternity. We pray, that as we reflect upon the resurrection, may we, through the renewal brought by Your Spirit, rise up to be Your light in this life. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

### **Morning Psalm for the week:** Psalm 118:1-9

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Revelation 22:1-17 / Monday: 2 Chronicles 20:20-30

Tuesday: Genesis 12:1-9 / Wednesday: Matthew 21:1-11

Thursday: I Chronicles 16:1-36 / Friday: Psalm 98 / Saturday: Genesis 35:1-15

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

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, turn 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, we pray. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Almighty God, who truly to know is everlasting life: May we, so know your Son Jesus Christ to be the Way, the Truth, and the Life, that we may steadfastly follow His steps



in the way that Your refection is seen in us, leading many to Your eternal life; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Midday Psalm for the week:** Psalm 138

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

**Lord's Prayer**

**Closing Grace**

Lord God, whose Son our Savior Jesus Christ triumphed over the powers of death and prepared for us our place in the new Jerusalem: Grant that we, who have this day given thanks for His resurrection, may praise you in that City of which He is the light, and where He lives and reigns forever and ever. Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Prayer**

Almighty and loving God, Your Son came into this world to free us from our sin and death and restore relationship with You. Breathe upon us the power of Your Spirit, that we may be raised to new life in Christ and serve You in holiness and righteousness all our days. We ask this through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

**Evening Psalm for the week:** Psalm 103:1-12

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

I know, O Lord, that if I follow close to You nothing will be able to separate me from Your endless life and love. Give me the grace to make Your word my home, that I may know You more intimately and follow You more closely - evermore. Amen.

# **WEEK 16 - MORNING OFFICE**

## **Silence and Centering**

### **Canticle for the week:** Psalm 8 (*A Song of God's Glorious Name*)

Oh LORD our Lord, how majestic is Your name in all the earth! You have set Your glory above the heavens\*

When I look at Your heavens, the work of Your fingers, the moon and the stars, which You have set in place, what is man that You are mindful of him, and the son of man that You care for him? \*

You have made him a little lower than the angels and crowned him with glory and honor. \*

You have given him dominion over the works of Your hands; You have put all things under his feet, all sheep and oxen, and also the beasts of the field, the birds of the heavens, and the fish of the sea, whatever passes along the paths of the seas. \*

O LORD, our Lord, how majestic is Your name in all the earth! \*

*\* Here and in subsequent designations, take time to pause and meditate.*

## **Morning Prayer**

O God, Who by the resurrection of Your Son Jesus, destroyed death and brought life and immortality to light: Grant that we, who have been raised with Him, may abide in His presence and rejoice in the hope of eternal glory. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory, now and forever. Amen.

## **Morning Psalm for the week:** Psalm 106:1-18

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Acts 3:11-21 / Monday: John 20:19-22

Tuesday: Deuteronomy 31:7-8 / Wednesday: Genesis 15:1-6

Thursday: Matthew 10:26-31 / Friday: Luke 5:1-11 / Saturday: Philippians 1:12-14

## **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

## **Closing Grace**

Father, it is so easy for me to live automatically, so that nothing touches me or moves me. Give me the fullness of living in the now. Allowing You, by Your Spirit to work in my heart to transform my living and actions. In the name of Your Son, who loves all creation. Amen.

# **MIDDAY OFFICE**

## **Silence and Centering**

### **Canticle for the week**

## **Midday Prayer**

Increase, O God, the spirit of neighborliness among us, that in peril we may uphold one another, in suffering tend to one another, and in homelessness, loneliness, or exile befriend one another. Grant us brave and enduring hearts that we may strengthen one another, until the disciplines and testing of these days are ended, and You again give peace in our time. Through Jesus Christ our Lord, Amen.

## **Midday Psalm for the week:** Psalm 36:5-11

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Father of all mercies, You revealed Your boundless compassion and love for us through the death and resurrection of Your one and only Son. Forgive our unbelief, we pray, strengthen our hearts and rekindle our zeal, that we may fervently desire the salvation of all people, and diligently labor in the extension of Your kingdom; through Him who gave Himself for the life of the world, our Savior Jesus Christ. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

O Most mighty and merciful God, in this time of grievous sickness and uncertainty, we flee to You for comfort. Deliver us, we beseech You, from our peril: give strength and skill to all those who minister to the sick; prosper the means made use of for their cure; and grant that, perceiving how frail and uncertain our life is, we may apply our hearts unto that heavenly wisdom which leads to eternal life. Through Jesus Christ our Lord, we pray. Amen.

## **Evening Psalm for the week:** Psalm 30

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Oh God, we spend too much of our lives in anticipation of a time that is to come in this present life: a vacation, a day off, a weekend... and we miss the joy of the present. As we come to the close of this day, may we celebrate the gift of the moment: breath, water, food, color, nature, diversity, life, love, our relationship in Christ today and eternity. Amen.

## **WEEK 17 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** *Psalm 143:1, 2, 4, 6-8, 10, 11*

Hear my prayer, O Lord, and in Your faithfulness give ear to my supplications; answer me in Your righteousness. Enter not into judgement with Your servant, for in Your sight shall no one living be justified. \*

My spirit faints within me; my heart within me is desolate. I stretch out my hands to You; my soul gasps for You like a thirsty land. \*

O Lord, make haste to answer me; my spirit fails me; hide not Your face from me lest I be like those who go down to the pit. \*

Let me hear of Your loving-kindness in the morning, for in You I put my trust; show me the way I should walk in, for I lift up my soul to You. \*

Teach me to do what pleases You, You are my God; Your kindly spirit lead me on a level path. \*

Revive me, O Lord, for Your name's sake; for Your righteousness' sake, bring me out of trouble. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Most holy God, You are the source of all that is good, all right judgements, and all just works: Give to us, your servants, peace which the world cannot give, so that our minds may be fixed on You, captivated by Your truth, and that we, being delivered from the fear of all enemies, may live in peace and quietness. Through the mercies of Christ Jesus our Savior. Amen.

**Morning Psalm for the week:** Psalm 5

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 11:1-36 / Monday: Luke 6:27-36

Tuesday: John 15:9-17 / Wednesday: John 11:1-44

Thursday: Luke 15:1-10 / Friday: Job 31:13-28 / Saturday: Luke 10:25-37

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Loving Father, teach me to love and care for those that need You today. Those who may be passed over nor do not feel loved unless I love them thorough You this day. May Christ's love for others be felt through me this very day. In Your name and by the power of Your Holy Spirit I pray these words. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Gracious God, Your Word tells us that Your Son Jesus was often moved with compassion for the people with whom He came into contact. Our high-tech, fast-paced society forces us to pass hundreds of people each day without even asking ourselves,

much less You, O God, if they could use a compassionate touch. During these days, teach me how I can be more compassionate. Amen.

**Midday Psalm for the week:** Psalm 11

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

**Lord's Prayer**

**Closing Grace**

Oh God and our loving Father, we are so grateful for the gift of Your Holy Spirit. May our dependence grow on You to reign in our hearts and minds to direct our thoughts and actions. We desire to be a people that long for more of Your presence in our lives. We invite You to transform our thinking, comfort our afflictions, renew our minds and keep us from error. Direct and lead us into all truth, through Jesus Christ our Lord. Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Prayer**

Oh my Holy God, Your knowledge of me exceeds what I grasp or see in any moment; You know me better than I know myself. Help me to trust Your mercy, see myself in light of Your holiness, that I may lay before You with an open and confessing heart. Because of the work of Christ and the truth of Your Word, I find in You forgiveness and perfect peace. Amen.

**Evening Psalm for the week:** Psalm 19

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

O God, it is by Your gift that evening follows day and that rest restores us after labor. While we rejoice to receive these blessings, make us mindful that they come from Your gracious hand. As the shadows lengthen and the busy day is hushed and night comes upon us, may we rest assured in Your love, releasing our grip of what we can not control, and trusting You above all. Amen.

## **WEEK 18 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Psalm 95 (*A Song of Triumph*)

O come, let us sing to the LORD; let us heartily rejoice in the Rock of our salvation. Let us come into His presence with thanksgiving and be glad in Him with psalms. \*

For the LORD is a great God and a great king above all gods. In His hand are the depths of the earth; the heights of the mountains are His also. \*

The sea is His, for He made it, and His hands have molded the dry land. Come, let us worship and bow down and kneel before the LORD our Maker. \*

For He is our God; we are the people of His pasture and the sheep of His hand. \*

O that today you would listen to His voice: "Harden not your hearts as at Meribah, on that day at Massah in the wilderness, 'When your forebears tested Me, and put Me to the proof, though they had seen My works. \*

'Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know My ways." 'So, I swore in My wrath, "They shall not enter into My rest."'"\*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh Lord, our God, You have brought us safely into this new day: Preserve us with Your mighty power, and sustaining grace, that we may not fall into sin, nor be overcome by adversity. In all we do, direct us to the fulfilling of Your purpose, through Jesus Christ our Lord. Amen.

### **Morning Psalm for the week:** Psalm 140

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Isaiah 61:1-11 / Monday: 1 Corinthians 8:9-13 / Tuesday: Colossians 2:6-23

Wednesday: 1 Peter 2:13-25 / Thursday: Galatians 5:13-25

Friday: Romans 6:15-23 / Saturday: 2 Corinthians 3:12-18

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Loving Father, my life in so many ways these days seems shackled, bound and dictated by other voices. Help me to find freedom and liberty in You this day. Help me to focus on You and Your word so that my heart remains focused. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Almighty God, You gave Your only Son to be for us both a sacrifice for sin and an example of godly living. Give us grace to thankfully receive His inestimable benefits

and daily to follow the blessed steps of His most holy life. We pray this through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.

**Midday Psalm for the week:** Psalm 121

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

**Lord's Prayer**

**Closing Grace**

Let your Spirit, O Lord, come into the midst of us to wash us with the pure water of repentance, and prepare us to be always a living sacrifice to You; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Psalm for the week:** Psalm 19

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

As we settle our hearts and look back on this day, we thank You, Oh God, for the blessing of family and friends, and for the loving care which we are privileged to give and receive. We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us, for disappointments and failures that lead us to acknowledge Your mercies alone. Above all, we recognize our dependence on You, the privilege that You have gifted us with in Christ to run to You with our fears, hopes, prayers and dreams, knowing that You and You alone are the overcomer, sustainer and the One in whom we can trust. In Jesus name, we rest and are truly grateful. Amen.

## **WEEK 19 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Psalm 100 (*A Song of Praise*)

Make a joyful noise to the LORD, all the earth! Serve the LORD with gladness! Come into His presence with singing! Know that the LORD, He is God! \*

It is He who made us, and we are His; we are His people, and the sheep of His pasture. Enter His gates with thanksgiving, and His courts with praise! \*

Give thanks to Him; bless His name! For the LORD is good; His steadfast love endures forever, and His faithfulness to all generations. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

This is the day the Lord has made, I will rejoice and be glad in it! (*Psalm 118:24*) Oh God, thank You for a restful night and how You have prepared me for this new day. May I not run ahead of You this day Lord but consider You in all my ways, pause to center on You and intentionally "be" with You, even in the midst of the busyness of my day. You are God, and I am not. Captivate my heart afresh, in Jesus' name. Amen.

### **Morning Psalm for the week:** Psalm 3

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 19:11-27 / Monday: Philippians 3:12-21 / Tuesday: 1 John 2:3-17

Wednesday: Ephesians 4:1-16 / Thursday: Luke 6:43-45

Friday: Philippians 1:1-11 / Saturday: 2 Peter 1:3-11

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

#### **Closing Grace**

Almighty and everlasting God, increase in us Your gift of faith that, forsaking what lies behind and reaching out to that which is before, we may follow hard after You, delighting in You, allowing Your work in us to transform us and impact others. Work through us for Your Kingdom purposes, being conduits of grace, mercy and love. Through Jesus Christ our Lord, we pray. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Oh God, show me Your glory that I may truly know You. Begin in mercy a new work of love within me. Say to my soul, "*Rise up, my love, my fair one, and come away.*" Then give me the grace to rise and follow You, up from this misty lowland where I have wandered for so long. In Jesus' name, Amen.

#### **Midday Psalm for the week:** Psalm 27



## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

### **Closing Grace**

Lord, it is no exaggeration to say that there is only one thing I really need in life, and I ask for it now. It is not to merely believe in You but, in prayer and experience, to see and sense Your beauty. Let me love You for Yourself alone. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Almighty, ever-living God, You are our heavenly Father. Grant that we, Your adopted children by water and the Spirit, may continue steadfast in Your love and be brought at last to live with You on high. We ask this through our Lord Jesus Christ Your Son, who lives and reigns with You and the Holy Spirit, one God forever and ever, Amen.

### **Evening Psalm for the week: Psalm 24**

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Oh Lord, You loved me enough to lose all Your glory for me even though You own the whole world and everything in it! Show Your glory to my heart, to my family, and to those my life touches, so that they may all say to You, "come in". God, the work You are doing is beyond my comprehension. As I enter into rest this night, may I quiet my heart and mind and trust in the sovereignty of Your plan, knowing that You, and You alone, hold all together. In Jesus' mighty name I pray and rest. Amen.

## **WEEK 20 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 26:1-4,7-9,12 (*A Song of Trust*)

Trust in the LORD forever, for the LORD God is an everlasting rock. \*

We have a strong city; He sets up salvation as walls and bulwarks. Open the gates, that the righteous nation which keeps faith may enter in. You keep him in perfect peace, whose mind is stayed on You, because he trusts in You. \*

Trust in the LORD forever, for the LORD God is an everlasting rock. The way of the righteous is level; You who are upright make smooth the path of the righteous. \*

In the path of Your judgements, O LORD, we wait for You; Your name and renown is the desire of our soul. My soul yearns for You in the night, my spirit within me earnestly seeks You. \*

For when Your judgements are in the earth, the inhabitants of the world learn righteousness. O LORD, You will ordain peace for us, for indeed all that we have done You have done for us. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh God, I resolve this day to live simply: repelling promptly thoughts of discontent, anxiety, discouragement, impurity and self-seeking; cultivating a grateful heart; living honestly and fearlessly; trusting in You alone to accomplish this in me. Open wide the eyes of my soul that I may see Your good in all things. Grant me this day new vision of Your truth. Infuse me with Your Spirit of joy and gladness that I may be a blessing to those I connect to this day. I ask this in the name of Jesus. Amen.

### **Morning Psalm for the week:** Psalm 31

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 7:36-50 / Monday: Exodus 35:4-29/ Tuesday: 2 Corinthians 8:1-15

Wednesday: Mark 12:41-44 / Thursday: Philippians 4:10-23

Friday: 1 Timothy 6:6-21 / Saturday: 2 Corinthians 9:6-15

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, so many of the circumstances of my life make no sense to me, but Your word tells me that they make sense to You. As You helped the psalmist David, help me to rest in that. My times are truly in Your hands, and that is absolutely infinitely better than if they were in my hands. May I trust in Jesus alone. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Merciful God, who, when Your Church on earth was torn apart by the ravages of sin, raised up men and women in this land who witnessed to their faith with courage and constancy: give to Your Church that peace which is Your will, and grant that those who have been divided may be reconciled on earth as it is in heaven and share together in the vision of Your glory. Through Jesus Christ our Lord, we pray. Amen.

**Midday Psalm for the week:** Psalm 29

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, You are great and greatly to be praised! Father, if I want Your power in my life, I must listen to Your Word. Enable me to read, mark, learn and inwardly digest the Scriptures and therein encounter You in my life. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord, I find the changes and relentless transitions exhausting at times, yet am reminded that You, oh God, do not change, You are my dwelling place! Help me to calm my heart and lean on this truth. *"For His mercies, they endure—ever faithful, ever sure."* Amen.

**Evening Psalm for the week:** Psalm 125

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

O God, it is by Your gift that evening follows day and restores us after hours of labor. While we prepare our minds and bodies to rest, may we be mindful to recognize Your goodness to us this day and allow You, by Your Spirit, to bring rest to our souls through this night. I ask for Your grace in my shortcomings, Your peace in my surroundings, Your mercy in my country and over the world this night. In Jesus name. Amen.

## **WEEK 21 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 35:1,2-6,10 (*A Song of the Wilderness*)

The wilderness and the dry land shall rejoice, the desert shall blossom and burst into song. They shall see the glory of the LORD, the majesty of our God. \*

Strengthen the weary hands and make firm the feeble knees. Say to the anxious, "Be strong, fear not, your God is coming with judgement, coming with judgement to save you." \*

Then shall the eyes of the blind be opened, and the ears of the deaf unstopped; then shall the lame leap like a deer, and the tongue of the dumb sing for joy. \*

For waters shall break forth in the wilderness, and streams in the desert; the ransomed of the Lord shall return with singing, with everlasting joy upon their heads. \*

Joy and gladness shall be theirs, and sorrow and sighing shall flee away. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

O God, You have prepared for those who love You such good things as surpass our understanding. Pour into our hearts such love towards You, that we, loving You in all things and above all things, may obtain Your promises, which exceed all that we can desire. Through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, forever and ever. Amen.

### **Morning Psalm for the week:** Psalm 62

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 6:37-42 / Monday: 1 Corinthians 13:1-13 / Tuesday: Matthew 5:38-48

Wednesday: 1 John 3:11-18 / Thursday: John 13:1-17

Friday: Romans 5:1-8 / Saturday: 1 John 4:7-21

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father, the deepest impulse of my heart is to *do* things to secure Your blessing rather than rest in what Christ has done for me. This only makes me anxious and in turn insecure and self-righteous. Teach me to cast my *doing* down—down at Jesus' feet, and to *stand in Him, in Him alone*, resting in the freedom that comes only through truly loving others and surrendering to You more completely. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Almighty God, my Father, I call upon You and request of You that Your love be found in me Your servant. I know not how to love as I ought; but You who are Love can reveal it unto me. Show me the way of love, in Jesus' name. Amen.

## **Midday Psalm for the week: Psalm 82**

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

#### **Closing Grace**

Lord, because I live in a relatively comfortable and safe part of the world and society, I am not as sensitive to the needs of the weak as You are. Help me to hate the injustice You hate and love the poor and needy whom You love. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Lord, Your disciples asked You to teach them to pray, but I also ask You to teach me how to meditate on Your Word. Give me the patience and habits of mind that can mark and notice, savor and relish and inwardly digest Your words. Let them dwell in me richly. Amen.

## **Evening Psalm for the week: Psalm 77**

### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Lord, thank You for being a God who takes questions! Keep my mind clear as I pose them, because questions asked honestly in the face of Your holiness always lead back to trust in You. Whom should I trust more than You? Myself? That would be the most foolish thing of all. Open my eyes Lord, stir up my heart to trust in Your promises, so that as I lay myself down, I can truly rest in the peace You have for all who know You. Amen.

## **WEEK 22 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Psalm 24 (*A Song of the King's Glory*)

The earth is the Lord's and all that fills it, the world and all who dwell therein. For He has founded it upon the seas and set it firm upon the rivers of the deep. \*

Who may ascend the hill of the Lord, or who can rise up in His holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear an oath to a false god. \*

They will receive blessing from the Lord, a reward from the God of their salvation. Such is the generation of those who seek Him, who seek Your face, O God of Jacob. \*

Lift up your heads, O gates; be lifted up, you everlasting doors; and the King of glory shall come in. Who is the King of glory? The Lord, strong and mighty, the Lord who is mighty in battle. \*

Lift up your heads, O gates; be lifted up, you everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord of hosts, He is the King of glory. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, You alone are the Fountain of the life and love that I have looked for in other places, to my misery. Today, I commit myself and my desires to love You for Yourself alone and know Your fellowship and presence. I know that this pursuit will be a struggle and a long journey, yet I commit myself to it and to You this new day. Amen.

### **Morning Psalm for the week:** Psalm 18

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 11:33-36 / Monday: Deuteronomy 5:1-33 / Tuesday: Galatians 6:1-10

Wednesday: Matthew 25:1-13 / Thursday: Romans 13:1-14

Friday: John 15:1-17 / Saturday: Mark 12:28-34

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, it seems unimaginable that You, the Lord of the universe, would also be the friend of my heart, but so it is. Through listening to Your Word, through honest and constant prayer, through serving You even as You loved me, let me grow in friendship and intimate fellowship with You. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Oh God, in very fact, many times these days I am finding out how not to live. I am running into ways that leave me frustrated, confused, disappointed, exhausted and hurt. Forgive me for getting caught up in the worlds net of distractions. Help me to find the Way, for in finding the Way I shall find You. May I have an undivided heart, oh God. Amen.

## **Midday Psalm for the week:** Psalm 15

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, so many times my tongue runs ahead of me... before my mind and heart engage. Forgive me for talking too much (because of pride), for talking too little (because of fear), for not telling the truth (because of pride and fear), for words that are harsh and cutting, for hurting others' reputation through gossip. Purify my words with Your Word. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Oh God, I desire for You to be the King of my heart. I throw myself into the arms of Your providence and place my confidence in You alone. You have care of it all. I will to give myself and all that consumes me into Your arms. May I be ever more aware of Your presence, knowing my frailty, yet trusting You to accomplish the work in my life that only You, by Your Spirit can accomplish. Transform my heart, by Your grace and love. It is in this great Love that I live, stand and breathe. In Jesus name, Amen.

## **Evening Psalm for the week:** Psalm 111

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, I say prayers and try to obey Your commands, but only true worship and adoration will actually change me. Don't let me settle for the shallows of mere religious compliance. Fill me with joyful fear that comes as I seek Your face, You alone. I trust and rest in the knowledge that You are God, that You love me with an everlasting love, and will accomplish Your kingdom work in me. Amen.

## **WEEK 23 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** from Psalm 143 (*A Song of Entreaty*)

Hear my prayer, O Lord, and in Your faithfulness give ear to my supplications; answer me in Your righteousness. \*

Enter not into judgement with Your servant, for in Your sight shall no one living be justified. My spirit faints within me; my heart within me is desolate. \*

I stretch out my hands to You; my soul gasps for You like a thirsty land. O Lord, make haste to answer me; my spirit fails me; hide not Your face from me lest I be like those who go down to the pit. \*

Let me hear of Your loving-kindness in the morning, for in You I put my trust; show me the way I should walk in, for I lift up my soul to You. \*

Teach me to do what pleases You, for You are God; let Your spirit lead me on a level path. \*

Revive me, O Lord, for Your name, for Your righteousness, bring me out of trouble. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

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 me all wrong desires, incline my heart to keep Your law, and guide my feet into the way of peace that, having done Your will with cheerfulness during the day, I may, when night comes, rejoice to give You thanks. Through Jesus Christ my Lord, I pray. Amen.

### **Morning Psalm for the week:** Psalm 72

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 13:22-30 / Monday: John 3:9-21 / Tuesday: Luke 11:14-28

Wednesday: Matthew 26:36-46 / Thursday: Luke 9:57-62

Friday: Mark 8:34-9:1 / Saturday: Luke 5:1-11

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Grant, O Lord, that the course of this world may be so peaceably ordered by Your governance, that Your people may joyfully serve You in all godly quietness. Empower Your church to win the world by not just proclaiming Your Word but also embodying it. Make our congregations places where we see the races and classes reconciled in ways that they are in no other place on the face of the earth. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**



Oh God, You are the One who opens my hearts and hears my cry, the One from whom nothing is hidden, even the secrets of my soul. My Lord, may I unveil my heart to You, cleanse me with Your grace, that I fully love You, and be fixed with praise to Your Name. Amen.

### **Midday Psalm for the week:** Psalm 49

#### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

#### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

#### **Lord's Prayer**

#### **Closing Grace**

Father, I face crucial decisions in which both alternatives may be morally permitted but probably not equally wise. I need Your wisdom to discern the best path, the best choice! Educate my heart and mind to make me wiser and a better steward of the resources You have given me. Amen.

### **EVENING OFFICE**

#### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Oh God, grow my understanding of Your grace until it rids me of the self-consciousness, judgement, lethargy and pessimism that keep me from opening my mouth and identifying as a Christ follower in public forums. Forgive me for being silent about all You have done for me, and the love that You have for man and all of Your creation. Amen.

### **Evening Psalm for the week:** Psalm 96

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Lord, as I come to the close of another day, I am filled with thankfulness for Your mercy and grace in my life. You fill me daily with all I need and yet many times I still doubt and fall short in faith. As I rest tonight, I ask for Your peace to settle my heart. Remind me of Your love and that You hold all things in Your mighty hands. As the world spins around me with unsettlement, strengthen me by the resurrection power of Christ to stand strong in Your power, depending on You and You alone. I rest in Jesus' name. Amen.

## **WEEK 24 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** from Psalm 85:6,7,9-11,13 (*A Song of Mercy and Truth*)

O God, will You not give us life again, that Your people may rejoice in You? \*

Show us Your mercy, O Lord, and grant us Your salvation. \*

Truly, His salvation is near to those who fear Him, that His glory may dwell in our land. \*

Mercy and truth are met together, righteousness and peace have kissed each other; \*

Truth shall spring up from the earth and righteousness look down from heaven. \*

Righteousness shall go before him and direct his steps in the way. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Father, I thank You for this day, for a new beginning and for what it shall bring, opportunities, life, hope, strength. And for what it may take away. Teach me to trust You in the coming and goings of life. In the name of Your Son, Jesus, I pray. Amen.

**Morning Psalm for the week:** Psalm 70

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Romans 8:28-39 / Monday: Hebrews 11:1-12:3 / Tuesday: Genesis 22:1-19

Wednesday: I Corinthians 10:1-13 / Thursday: Nehemiah 6:1-9

Friday: Philippians 3:17-4:1 / Saturday: 1 Peter 5:1-11

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, how poorly I pray! Either I pray vaguely and halfheartedly, or I pray heatedly, accusingly telling You exactly what You have to do. Teach me to pray with discipline and passion and yet contentment with Your love and will. Then through prayer You will show me the good You are doing in the world and especially the transforming work You are doing in my own heart. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Lord Jesus, in the boat during the storm Your disciples accused You of not caring, but You were never out of control... and You saved them. I confess, there are times that I feel like You do not care, that You are doing nothing. That is wrong. The cross proves, without a doubt, eternally, that You do care. I praise You and rest fully in You for that. Amen.

**Midday Psalm for the week:** Psalm 44

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

### **Closing Grace**

Lord, help me to see how much life changes when I lose sight of You. My perspective on my life and all around me gets distorted when I do not keep my eyes on You, when I do not make space for You, ultimately distorting and obscuring my vision of Your love for me. Forgive me, my God. Your love is better than life and, truly, I long for more tastes of that love. In Jesus' name. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Oh God, there is none like You. I want to know You as my ultimate Father, the One whose unfathomable, unconditional love sets me free to live for You... far above all other loyalties and expectations. Captivate my heart afresh, Abba, Father. Amen.

### **Evening Psalm for the week: Psalm 31**

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Jesus, if my heart does not learn to trust Your Word when it tells me things I don't want to hear, then my heart will not accept it when it tells me things I desperately do want to hear—truth about Your love and forgiveness. Teach me to trust Your Word moving in the direction of surrender, obedience and dependence. Amen.

## **WEEK 25 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 2:3-5 (*A Song of Peace*)

Spirit of God, teach us your ways, that we may walk in the paths of peace. \*

Come, let us go up to the mountain of God, to the house of the God of Jacob; That God may teach us His ways, and that we may walk in His paths. \*

For the law shall go out from Zion, and the word of the LORD from Jerusalem. God shall judge between the nations and shall mediate for many peoples. \*

They shall beat their swords into ploughshares, and their spears into pruning hooks. Nation shall not lift up sword against nation, neither shall they learn war anymore. \*

O people of Jacob, come let us walk in the light of the LORD. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, I thank You that You are working even when I am sleeping. Teach me to respect the built-in rhythms of life and to live from a place of deep rest in You. I give You this day. I ask You to help me recognize Your path before me and may I walk in it, trusting You with what is accomplished and what will remain unfinished, especially enjoying my humble place in Your very large world. In Jesus' name, I pray. Amen.

### **Morning Psalm for the week:** Psalm 92

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Daniel 2:20-23 / Monday: John 4:4-42 / Tuesday: Matthew 13:1-23

Wednesday: Mark 8:27-30 / Thursday: John 9:1-41

Friday: 2 Corinthians 4:7-18 / Saturday: Romans 8:18-27

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

#### **Closing Grace**

Lord, show me how to welcome Your presence, not only one day a week, but every day. Train me for eternity. Grant me a taste of heaven through an experience of true sabbath rest, knowing that You hold all things in Your hands, are worthy of all of my trust and remind me that You are the One that brings true peace in the midst of the storm. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

My gracious heavenly Father, with a humble heart, I bow before You. I rejoice in the little, ordinary things which so often are accepted by me unrecognized and which so frequently pass by unnoticed. For life itself I give You thanks! For breath that I borrow from You, strength to pursue a course of active labor and sustenance for my daily bread, I offer my gratitude and am reminded of Your grace. Amen.

## **Midday Psalm for the week:** Psalm 15

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, through Your Spirit's work in my life I see things now in my heart that I used to be blind to. I see wondrous moving captivating things in Your world and especially in Your Word that I never saw or had found uninteresting. Keep touching my eyes Lord, my Healer, until the scales fall away and I see You more clearly. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Father, may I come to discover more and more of the truth of Your presence in my life, discovering it as not merely a statement that I affirm or deny, but as a living reality that I growingly recognize and become aware of. I know that I will not fully grasp this reality while on Your earth, yet may I begin to grasp anew Your constant fellowship, being more aware of the throbbing life You offer to me through Your Spirit. Amen.

## **Evening Psalm for the week:** Psalm 23

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, the rest You offer to us is truly an unbelievable gift. Thank You that there is nothing I can do to earn Your love; it comes with no strings attached, only invitation. As I come toward the close of yet another day, I want to pause and recognize the ways You have gone before me, met me, intervened for me and led me. May I, in recognizing this love and grace, that You have lavished upon me, grow a grateful heart, transforming my self-focused ways and, by Your work, love others likewise. Amen.

## **WEEK 26 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Psalm 96:1-3, 6-10, 13 (*A Song of God's Splendor*)

Sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord and bless His name; tell of His salvation from day to day. \*

Declare His glory among the nations and His wonders among all peoples. Honor and majesty are before Him; power and splendor are in His sanctuary. \*

Ascribe to the Lord, you families of the peoples; ascribe to the Lord honor and strength. Ascribe to the Lord the honor due to His name; bring offerings and come into His courts. \*

O worship the Lord in the beauty of holiness; let the whole earth tremble before Him. Tell it out among the nations that the Lord is King, with righteousness He will judge the world and the peoples with His truth. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, grow my understanding of Your grace until it rids me of the self-consciousness, lethargy and pessimism that keep me from opening my mouth and identifying as a Christ-follower in public. May my lips be forever filled with Your praise and my heart captivated by Your love. Forgive me for being silent about what You have done for me. Amen.

**Morning Psalm for the week:** Psalm 97

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Matthew 11:25-30 / Monday: Isaiah 55 / Tuesday: John 3:1-8

Wednesday: 2 Corinthians 6:1-13 / Thursday: Matthew 15:1-20

Friday: John 15:1-17 / Saturday: Ephesians 3:1-21

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, I praise You that You are perfect in Your holiness and moral beauty. There is no evil in You, nor can it exist in Your presence. You are the God full of light, in You is no darkness at all. I am blind to my faults: I find it difficult to "see" Your glory and love during my days. Draw me closer to Yourself, fill me from the inside out with Your light so the remaining sin in me can be exposed and consumed by Your grace. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Father, throughout the years You have made Yourself available to man, brought faith to life in a heart who seeks for You. Cleanse my life from all that seeks to crush that faith, fill me with purity and honesty that fosters it. Cleanse me from distraction and unbelief which keep me from doing Your will, may I know the truth that which truly sets me free. Amen.

## **Midday Psalm for the week:** Psalm 25

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Father, don't just make me obedient to Your Word, but also grow me in wisdom, knowing the right thing to do in the myriad life situations into which the Bible does not directly speak. Let me grow in wisdom, judgement and prudence, and give me the humility prerequisite for them all. In Jesus' name, Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord, I praise You that You *are* a praiseworthy God, both perfectly good and unimaginably glorious. I thank You for how Your praise heals me—clarifies my vision, changes my perspective, strengthens my heart, and produces joy upon joy! Help me see You as You are so I will praise You as I ought. Amen.

## **Evening Psalm for the week:** Psalm 33

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Oh God, I come before You as this day draws closer to an end; I pause before You. Bits and pieces dart in and out of my mind as I tie up loose ends and evaluate these past hours spent. My truest desire is to know You more, rest in You, love in the way You love and reflect You to those I am near. In this pause, oh God, meet me, re-center me and re-fuel me with Your Spirit. Remove any scurry and unsettledness and prepare me to trust and follow You with my all. Thank You, Jesus, for Your mighty work. Amen.

## **WEEK 27 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 61:1-3,11,6a (*A Song of the Lord's Anointed*)

The Spirit of the Lord is upon me because He has anointed me. \*

He has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound;\*

To proclaim the year of the Lord's favor, to comfort all who mourn, to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit, that they may be called oaks of righteousness, the planting of the Lord, that He may be glorified. \*

For as the earth puts forth her blossom, and as seeds in the garden spring up, so shall the Lord God make righteousness and praise blossom before all the nations. You shall be called priests of the Lord; they shall speak of you as ministers of our God. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, ethical behavior without joy-filled worship or exuberant praise without whole-life obedience; both of these are counterfeit Christianities. I have veered in both directions in my life, Lord. Keep me on a straight path. I offer You my whole life, mind, will and emotions. Amen.

### **Morning Psalm for the week:** Psalm 147

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Matthew 17:1-13 / Monday: Luke 24:13-35 / Tuesday: Mark 9:2-8

Wednesday: 1 Chronicles 28:9-21 / Thursday: Revelation 3:14-22

Friday: 1 Samuel 7:7-17 / Saturday: Mark 14:1-9

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father, give me eyes to see and a heart to respond to all which will come to me this day. Forbid that I should miss its graces by looking ahead to some tomorrow. Let me accept the newness that each moment brings with awareness and gratitude. In the name of the One who makes all things new, I pray. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

### **Midday Prayer**

Father, may I be captivated anew and learn to pray in a way that the moments of my life become prayers. I ask that you help me to see life as from Your hand and specifically prepared for me to step into Your work. Whether it be a birthday celebration of a friend, a burden of a coworker, the weariness of a neighbor, the majesty of a sunset or pain that is borne and accompanied with tears... I ask that each situation will cause me to lift my voice to You. Amen.



## **Midday Psalm for the week:** Psalm 106

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord Jesus, I confess that in my day to day, *my public life*, I am just not different enough from my neighbors to attract either hostility or interest in my faith. I am not visibly happier, kinder, humbler or wiser than others. O Lord, help me grow in grace so I can honor You with *my whole life*, reflecting transformation from the inside out, drawing people to You by Your Spirit's work. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

O God, my heart is so grateful that You meet me in the midst of the mundane. You call me to pray, to come and be with You, to be still with You, learn from You and grow in Your ways. O Father, forgive my hurried life, my economy of value and priority. I invite You to continue Your work of transforming my agenda and helping me to recognize Your ways and work. May I not be presumptuous in my own doings and accomplishments. I desire to surrender, recognizing Your greatness and the opportunity You have made available to me in Christ. You are my life, my hope, my sustenance and answer to all mysteries, even before they are spoken. You are God and I am not. May I remember that loving truth and rest in it. Amen.

### **Evening Psalm for the week:** Psalm 19

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, I am so grateful that You do not make me guess who You are but that You speak directly to me. Help me to remember and know that if the Word is going to be sweet and life giving to me, I must let it examine, search, and warn me. Help me to have the discipline and faith to allow it to do that in my life. Amen.

## **WEEK 28 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 12:2-6 (*A Song of Deliverance*)

Behold, God is my salvation; I will trust and will not be afraid; \*  
For the Lord God is my strength and my song and has become my salvation. \*  
With joy you will draw water from the wells of salvation. \*  
On that day you will say, give thanks to the Lord, call upon His name; \*  
Make known His deeds among the nations, proclaim that His name is exalted. \*  
Sing God's praises, who has triumphed gloriously; let this be known in all the world. \*  
Shout and sing for joy, you that dwell in Zion, for great in your midst is the Holy One of Israel. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, this is the day You have made, a new day, a new beginning, I choose to rejoice and be glad in it! By Your Spirit, I ask You to adjust my perspective. May I choose joy, see things afresh, be ready to see the good in situations and be reminded that You are at work in all things. Use me this day, Father. I am Yours and want to do what pleases You! Amen.

### **Morning Psalm for the week:** Psalm 112

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Galatians 6:11-18 / Monday: Jeremiah 10:11-24 / Tuesday: Romans 1:1-17 /  
Wednesday: Isaiah 6:1-8 / Thursday: Matthew 23:1-12  
Friday: Acts 10:1-48 / Saturday: Matthew 3:1-17

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father, may I have a humble heart, not thinking of myself above anyone else, or assuming my agenda is the favored one. I desire to submit my life to You in all areas, including my preferences and privileges. Keep me humbly attentive and caring. May I be thoughtful, yet not moody, helpful, but not bossy. Most of all Lord keep me sensitive, to be used by You where ever You see fit, for Your kingdom advancement and Your renown. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Lord, I praise You that You are a praiseworthy God, both perfectly good and unimaginably glorious. I thank You for how Your praise brings healing to my soul—clarifies my vision, changes my perspective, strengthens my heart, and produces joy upon joy! Help me to see You as You are so I will praise You as I ought. Amen.

#### **Midday Psalm for the week:** Psalm 33

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

### **Closing Grace**

O God, Creator and Preserver, I cry out to You on behalf of so many who struggle to overcome harsh situations throughout the world. I ask for Your grace, mercy and restoration. In the face of great human tragedy, give me courage and strength to respond with the mind of Christ. Help me to overcome fear and to walk in confidence. I ask this in the Name of your most blessed Son, Jesus our Lord and Savior. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord, I often find both Your words and Your ways hard to fathom. My self-justifying heart instinctively tends to put the blame on You when things don't go according to my plans. O help me to see that my real problem is the weakness of my spiritual eyes, which cannot take in Your great light. Strengthen my spiritual sight, So I can take more in, transform my thinking and where my hearts dwells. Amen.

**Evening Psalm for the week:** Psalm 104

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, I confess, I am so concerned for comfort and convenience that I do not want to think about the possible bad effects any of my daily life practices may have on the natural world. But this is *Your* world, which You love. So give me the humility and patience to ask the hard questions to myself, evaluate my habits and actions, desiring to align more closely to You and Your ways. You are able to accomplish this because of the finished work of Jesus and by Your living Spirit. Amen.

## **WEEK 29 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Psalm 42:1-7 (*A Song of Trust in God*)

As the deer longs for the water brooks, so longs my soul for You, O God. \*

My soul is thirsty for God, for the living God; when shall I come before the presence of God? \*

My tears have been my bread day and night, while all day they say to me, "Where is now your God?" \*

Now when I think on these things, I pour out my soul: how I went with the multitude and led the procession to the house of God, with the voice of praise and thanksgiving, among those who kept holy day. \*

Why are you so full of heaviness, O my soul, and why are you so disquieted within me? \*

O put your trust in God; I will give Him thanks, Who is the help of my countenance, and my God. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

My gracious heavenly Father, with gratitude I bow before You this new day. I rejoice in the little, ordinary things which so often are accepted by me unrecognized and which so frequently pass by unnoticed. For life itself, I give You thanks. For the breath which I borrow from You, I am grateful. For the strength to pursue a course of active labor, I offer my gratitude. That the lily of the field and the sparrow of the air are under Your guiding and protecting hand, remind me. In the name of Your Son, my Savior, I pray. Amen.

### **Morning Psalm for the week:** Psalm 76

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Daniel 2:20-23 / Monday: John 4:4-42 / Tuesday: Matthew 13:1-23

Wednesday: Mark 8:27-30 / Thursday: John 9:1-41

Friday: 2 Corinthians 4:7-18 / Saturday: Romans 8:18-27

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

#### **Closing Grace**

Lord, I praise You for being a majestic, resplendent God. You are infinitely important and all else peripheral; You are eternally solid and everything else fleeting. Don't let me be dazzled by human power and beauty. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Oh God, I see in Your Word, Your outpouring of mighty deeds and signs. Forgive me, Father, when I tend to stand back and wait for You to show up only in phenomenal and grandiose ways. Help me to be aware of You in the ordinary and common things of life. O Almighty all-powerful loving God, may I recognize You in my everyday moments. Amen.

## **Midday Psalm for the week:** Psalm 98

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord Jesus, You have done marvelous things! Bearing on the cross my sin, consequence and punishment. Your death and resurrection restores my relationship with Your Father. Your victory invites me in, truly revealing to me that You are for me and not against me! May I not be silent, O God. May the reality of *all* You have done be the drive of *all* that I live for. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

O God and Father, I repent of my sinful preoccupation with visible things. The world puts too much in front of me. You have been here before me, You hem me in on all sides, and You lead out my direction... and so often I do not know it. I have been blind to Your presence. Open my eyes that I may behold You in and around me. For Jesus' sake and in His power and name. Amen.

### **Evening Psalm for the week:** Psalm 63

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, I am so grateful that You love me with an everlasting love! You satisfy my every longing, I can rest in You, hold on to You and You uphold me with Your mighty hand. Teach me to cling to You when I pray, to stand on Your every Word, and to trust fully in Your promises, knowing that no matter what the world may throw my way, You are with me and never leave or forsake me. Amen.

## **WEEK 30 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Psalm 18:1,6,7,10-14,28,29,31 (*A Song of God's Descending*)

I love You, O LORD my strength. The LORD is my rock, my fortress and my deliverer. In my distress I called upon the LORD and cried out to my God for help. \*

He heard my voice in His temple and my cry came to His ears. He parted the heavens and came down and thick darkness was under His feet. \*

From the brightness of His presence, through the clouds burst hailstones and coals of fire. The LORD also thundered out of heaven; the Most High uttered His voice. \*

For You will save a lowly people and bring down the high looks of the proud. You also shall light my candle; the LORD my God shall make my darkness to be bright. \*

God's way is perfect; the Word of the LORD is tried in the fire; He is a shield to all who trust in Him. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh God, I am not pieced together with human ingenuity, but have been crafted, knit together by Your hand. As a follower of Jesus, Your Spirit is within me. I come into this new day, recognizing my need to be connected to You, as the branches abide to the vine, so may I cling to You, recognizing that my very life is a gift from You and dependent on You for my sustenance. Amen.

**Morning Psalm for the week:** Psalm 80

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Timothy 2:1-8 / Monday: Numbers 14:11-20 / Tuesday: 1 Samuel 12:12-25

Wednesday: Psalm 106:1-48 / Thursday: Genesis 18:16-33

Friday: Hebrews 7:23-25 / Saturday: Romans 8:28-39

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, You lover of souls, in whose hand is the life of every kind of being. I bring before You those who are without You. As You love and long for all You have created, may I grow in compassion for others to place their trust in You. Increase my awareness of those whom I interact. May I be a conduit of that love and grace. In Jesus' name and by His power, I ask. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Lord, I confess how much my fear, anger, anxiety and discouragement is wholly due to my forgetting all You've given me and promised me in Christ. My mind knows, but my heart forgets that I am forgiven, delighted in, guaranteed a crown, a feast. Forgive me and help me to speak to my soul until strength is renewed. Amen.

## **Midday Psalm for the week:** Psalm 103

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

God, I thank You for making Yourself not just my King and my Shepherd, but my Father. To think of You, the omnipotent God as my loving Father, infinite in power, gentle in Spirit, loving me and working all things for my good as Your child. My mind can not fathom Your great love! Jesus, transform my prayer life. By Your Spirit, may I learn to grasp more deeply Your Father's love to me. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord Jesus, how quickly days roll by. I come into a day with great intentions, even a list of how I desire to connect with You through the hours. Forgive me, O Lord, for the wandering and distractions of my being. I continually find myself in need for grace upon grace. You love me! Oh, to grace how great a debtor I am! I recognize my need and heed Your call to come. Amen.

### **Evening Psalm for the week:** Psalm 12

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, many times I am surrounded by people whose words are either flattering, questioning or stinging. Grow my sensitivity, Lord, and do not let me imitate them. Make my words honest and true, economical and few, wise and well chosen, calm and kind. Give me so much love and grace that this kind of conversation comes naturally to me. Transform my heart, and may I rest in Your work. Amen.

## **WEEK 31 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Isaiah 55:6-11 (*The Second Song of Isaiah*)

Seek the Lord while He wills to be found; call upon Him when He draws near. Let the wicked forsake their ways and the evil ones their thoughts; \*

Let them turn to the Lord, He will have compassion, for He will richly pardon. \*

For my thoughts are not Your thoughts, nor Your ways my ways, says the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts. \*

For as rain and snow fall from the heavens and return not again, but water the earth, bringing forth life and giving growth, seed for sowing and bread for eating, \*

So is My word that goes forth from My mouth; it will not return to Me empty; But it will accomplish that which I have purposed and prosper in that for which I sent it. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord God, I greet You this new morning, recognizing the gift of life that You have poured out on me, the opportunities You have, and will, place before me this day. I recognize my fragility, Lord, and surrender my dependence into Your hands. I am excited to walk out this day with You, listening to Your voice and following Your lead. You are the Almighty God, sovereign over all, able to be trusted and revered. May it be so. Amen.

**Morning Psalm for the week:** Psalm 119:105-120

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Habakkuk 2:20 / Monday: Revelation 3:20-22 / Tuesday: James 3:1-12

Wednesday: Ecclesiastes 5:1-3 / Thursday: 1 Kings 19:9-13

Friday: Psalm 46 / Saturday: John 10:1-15

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, by Your Spirit, let me be so immersed in Your Word that, as I saw in Jesus' life, Your Words spring into my mind, interpreting my moments, guiding my choices, and strengthening my heart. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

O God, God, my Father, I have no words, by which I dare express the things that stir within me. I lay bare myself, my world, before You in the quietness. Brood over my spirit with Your great tenderness, understanding and judgement, so that I will find, strength for my weakness, health for my illness, guidance for my journey. Amen.



## **Midday Psalm for the week:** Psalm 77

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, Your disciples asked You to teach them to pray, and I ask You to teach me to pray, how to meditate on Your Word, and how to be still. Give me patience and habits of mind that I can mark and notice, savor and relish, and inwardly digest your Words. Let them dwell in me richly. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord, I desire to live according to Your Word—Your ways and Your truth—rather than by what will make me popular or influential. Implant in me the desire and integrity to live like this. Lord, because this will make me vulnerable, protect me from those who would grasp opportunity to take advantage or harm me. Grow trust in me, Lord. Help me to trust in Your ways above all else. Your word declares that Your ways are different than my ways or the world's ways. Help me to trust You beyond my understanding. Amen.

## **Evening Psalm for the week:** Psalm 25

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, You are so faithful! Your love abounds, and reaches to the corners of the earth. I confess that my mind runs to so many scenarios—I fret, grow concerned, remember Your promises, then find myself replaying the same cycle. Forgive me, Lord. My desire is to be so connected to You that these mindsets have no rule in my being... that You are the strong tower to which I run and cling. Accomplish this in me, Jesus. Amen.

## **WEEK 32 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** 1 Peter 1:3-5,18,19,21 (*A Song of Faith*)

Blessed be the God and Father of our Lord Jesus Christ!\*

By His great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead, into an inheritance that is imperishable, undefiled and unfading, kept in heaven for you, \*

Who are being protected by the power of God through faith, for a salvation ready to be revealed in the last time. \*

You were ransomed from the futile ways of your ancestors not with perishable things like silver or gold, but with the precious blood of Christ like that of a lamb without spot or stain. \*

Through Him you have confidence in God, who raised Him from the dead and gave Him glory, so that your faith and hope are set on God. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, help me to grab hold of You today. I need You. May I recognize the freedom You give me by Your Spirit, to reorient my life around You and You alone. Help me to pay attention and honor You with my whole being, recognizing how You have uniquely made me. Thank You for the gift of resting in You. Amen.

**Morning Psalm for the week:** Psalm 21

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: John 12:23-28 / Monday: Matthew 26:40-41 / Tuesday: John 16:23-24

Wednesday: Luke 11:1-14 / Thursday: Matthew 6:6-15

Friday: Luke 18:1-8 / Saturday: John 17

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord Jesus, You ran Your course with joy—and it cost You Your life—all because Your heart's desire was that we should be Your people. Through You, I have access to the Father and the assurance of resurrection. Let these joyful certainties animate my daily life. You are my King indeed. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

O God, so much of public worship, what is seen today in Your church, is indeed trivial and pretentious. Let me, the church I represent, and Your church across the globe reflect You. May we praise You "in Spirit and in truth." (*John 4:24*) Grant us

anointed worship, Lord... beautiful that it attracts even those whose hearts are indifferent and hardened toward You. Accomplish this, O God. Amen.

### **Midday Psalm for the week:** Psalm 66

#### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

#### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

#### **Lord's Prayer**

#### **Closing Grace**

Father, what can I say, but to cry out as Your disciples did: Teach me how to pray! Teach me my need. Tear away the veil from my eyes that makes me think that I have adequacy in myself. Give me, rather, this conscious sense of dependence, this awareness that nothing I do will be of any value apart from a dependence upon You. In Jesus' name, Amen.

### **EVENING OFFICE**

#### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Lord God, I praise You for strengthening me not just in spite of my weakness but through it. As enormous pressure turns coal into diamonds, and fire turns ore into gold, let my experiences of suffering make me into the image of Your Son. Amen.

#### **Evening Psalm for the week:** Psalm 108

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Father God, give me such a sense of Your living reality in my life that I live a more fearless life. Fear is just thinking of myself and my abilities instead of having my mind focused on You and what You are doing. May my love for You increase inasmuch as to grow my courage and make me brave. I claim this in Jesus name. Amen.

## **WEEK 33 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** 1 John 4:7-11,12b (*A Song of God's Love*)

Beloved, let us love one another, for love is of God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. \*

In this the love of God was revealed among us, that God sent His only Son into the world, so that we might live through Him. \*

In this is love, not that we loved God but that He loved us, and sent His Son to be the expiation for our sins. \*

Beloved, since God loved us so much, we ought also to love one another. For if we love one another, God abides in us, and God's love will be perfected in us.

God's love was revealed among us so that we might live through Jesus.

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh God, I see the fiery sun is rising to greet me this new day. May You, the truest light, open my eyes and may blindness depart. Let me seek You and You alone this day. May I be awakened and lay aside the dim vision that I so often settle with and allow You to be the One in which I run after with abandon. Be, Thou, my vision. Amen.

**Morning Psalm for the week:** Psalm 148

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Proverbs 2:1-22 / Monday: Philippians 4:8-9 / Tuesday: 1 Timothy 4:6-16  
Wednesday: Deuteronomy 17:18-20 / Thursday: 2 Peter 1:3-8  
Friday: Psalm 119:97-104 / Saturday: Luke 8:16-18

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

You, oh God, who are the source of all truth, guide me this day, each and every hour. Give me wisdom to abstain as well as confidence to persevere. Let Your Word have proper place, that I may be alive to Your Holy Spirit in the stirrings of my soul and courageously obedient to follow Your promptings. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Oh Lord, glorify Yourself before the world and put forth Your power to unite the extremes of humankind in the church of Jesus Christ. Unite the races, the classes, the genders, the tribes—all in praise. You have begun this good work. Now bring it to completion in Jesus' name. Amen.

## **Midday Psalm for the week: Psalm 104**

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, I often find both Your words and Your ways hard to fathom. My self-justifying heart instinctively tends to put the blame on You. Help me to see that my real problem is the weakness of my spiritual eyes, which cannot take in Your great light. Strengthen my spiritual sight, so that I can take more in. In Jesus' name, I pray.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord, Help me gain perspective. Someday Your glory will rise as the ultimate dawn to end all nightmares and darkness. You gave Your all so that I will be resurrected and live in unity with You for eternity. Lift up the eyes of my heart to see this horizon. Amen.

### **Evening Psalm for the week: Psalm 57**

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Father God, grant me grace to desire ardently all that is pleasing to You, and to examine it prudently, to acknowledge it truthfully and to accomplish it dependent on You, with all that I have to the praise and glory of Your name. Amen.

## **WEEK 34 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** *Philippians 2:5-11 (A Song of Christ's Glory)*

Christ Jesus was in the form of God, but He did not cling to equality with God. He emptied himself, taking the form of a servant, and was born in our human likeness. \*

Being found in human form, He humbled himself and became obedient unto death, even death on a cross. \*

Therefore, God has highly exalted Him, and bestowed on Him the name above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth; \*

And every tongue confess that Jesus Christ is Lord, to the glory of God the Father. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Most merciful and loving God, Your blessed Son suffered and died for us. Grant us grace to endure any suffering we may feel at this present time... to overcome all that seeks to overwhelm us and to be confident in the glory that shall be revealed. We ask this in Jesus' name. Amen.

### **Morning Psalm for the week:** Psalm 22

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Acts 5:17-29 / Monday: Matthew 8:18-22 / Tuesday: Luke 1:26-38

Wednesday: Deuteronomy 26:16-19 / Thursday: Matthew 10:32-42

Friday: 1 Samuel 15:22-31 / Saturday: Matthew 19:16-30

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, let Your word be not merely something I believe but something that dwells richly inside me, so that it reshapes all my thinking and feelings and even the foundation of my heart. Let Your promises and declarations be my strength. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

O Jesus! Grant me Your heart, I pray. May I become detached from all things apart from You and seek You above all. May I direct my knowledge, my whole capacity, all my earthly happiness, and all my exertions to honor You, love You and rest in Your love for now and eternity. Amen.

#### **Midday Psalm for the week:** Psalm 101

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

### **Closing Grace**

Lord, I pray for the leaders of states and nations, towns and counties, places of business and commerce, of the arts, educational and cultural institutions. I pray that honesty, wisdom, truthfulness, skillfulness, justice, and virtue characterize all their duties and their work be a public blessing. We claim this to be accomplished by Your Spirit. In Jesus' name. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord, You say Your yoke is easy and Your burden is light, yet the life I live often feels hard and heavy to me. Show me the activities, decisions, priorities and relationships that are not Yours for me this day. Today, I submit my life, will and ways to Your Lordship. In Your name. Amen.

### **Evening Psalm for the week: Psalm 27**

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Father, I will obey You simply because You are worthy of it and it is my privilege. But I do not want my obedience to You to merely remain at that level. I desire to see Your beauty. O God, attract my wandering heart, capture my imagination, so that I fall more in love with You and find joyful pleasure in following and serving you alone.

## **WEEK 35 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Deuteronomy 32:1-12 (*A Song of Christ, the Rock*)

Give ear, O heavens, and I will speak; and let the earth hear the words of my mouth.  
May my teaching drop as the rain, my speech distill as the dew, as the gentle rain on the grass, and as the showers upon the meadow. \*

For I will proclaim the name of the LORD. Ascribe greatness to our God! The Rock, His work is perfect; His ways are just: a faithful God without deceit, just and upright is He. \*

His degenerate children have dealt corruptly with Him, a perverse and crooked generation. Do you thus repay the LORD, you foolish and senseless people? \*

Is not He your father, who created you, who made you and established you? Remember the days of old, consider the years long past; ask your father, and he will show you; your elders, and they will tell you. \*

For the LORD's own portion is His people, Jacob His allotted heritage. He sustained him in a desert land, in the howling waste of the wilderness; He shielded him and cared for him; He kept him as the apple of His eye. \*

An eagle stirs up its nest, and hovers over its young, spreading out its wings, takes them, and bears them aloft, so the LORD alone did guide him, and no foreign god was with him. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh God, You and You alone are the one in which we can trust. The nations rage and there is much confusion, yet You are the One we can look to, direct us into all truth. This day is Yours Lord, I surrender my agenda, quiet my heart and help me to listen for Your voice. Amen.

### **Morning Psalm for the week:** Psalm 90

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: I Peter 5:6 / Monday: Philippians 4:6-7 / Tuesday: Matthew 5:25-37

Wednesday: Luke 12:1-12 / Thursday: Matthew 13:1-23

Friday: Luke 11:37-53 / Saturday: Luke 21:34-38

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, life is going by so fast! It staggers me unless I remember Your eternity. We are rootless as tumbleweeds and will be blown about all our lives unless You are our dwelling place. In You, we are *home*. What I have in You I can never lose and will have forever. I praise You for this unfathomable comfort. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**



O God, who is able and willing to assist me, what grounds have I not to place my whole confidence in You? You have care of it all. I give myself over to You entirely, to live in Your presence and have Your Holy Spirit lead. This is the grace I ask of You. Amen.

**Midday Psalm for the week:** Psalm 94

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

**Lord's Prayer**

**Closing Grace**

Lord, help me to remember that You know all of my thoughts. During the day let me live—and think—before Your face. Let me practice Your presence all the day. Then I will not give in to foolish lines of inner self-talk that only darken my heart and distract me from You. Change my futile thoughts, oh Lord. Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Prayer**

Lord, I often live in a cramped world of self-pity, nursing hurt feelings, wondering what others think of me or why people do not treat me better. Help me to adjust my thoughts. Help me to treat others how I would like to be treated and allow my self-focused heart to refocus, resting in You, and allowing Your Spirit to transform me in ways that only You can do. Jesus, I surrender. Amen.

**Evening Psalm for the week:** Psalm 36

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

Father, You are true life, the breath of all who exist, the light of the faithful, the strength of those who labor and the peace of all who know You. I thank You for the timely blessings of this day, and humbly ask for Your merciful protection through this night. Bring me, safely to the morning and into another day of walking with You, blessing those around and allowing them to see You shine through me. Amen.

## **WEEK 36 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Isaiah 61:10,11; 62:1-3 (*A Song of the Bride*)

I will greatly rejoice in the LORD; my soul shall exult in my God, who has clothed me with the garments of salvation and has covered me with the cloak of integrity as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels. \*

For as the earth puts forth her blossom, and as seeds in the garden spring up, so shall God make righteousness and praise blossom before all the nations. \*

For Zion's sake I will not keep silent, and for Jerusalem's sake I will not rest, until her deliverance shines out like the dawn, and her salvation as a burning torch. \*

The nations shall see Your deliverance, and all rulers shall see Your glory; Then you shall be called by a new name which the mouth of God will give. \*

You shall be a crown of glory in the hand of the LORD, a royal diadem in the hand of your God. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Write Your blessed name, O Lord, upon my heart. May it there remain so extravagant that no prosperity, no adversary, shall ever move me from Your love. May Your truth, love, and faithfulness be the resounding anchor that holds me steadfast, focused solely on You, empowering me by Your Spirit to be courageous and ready for whatever comes my way. For in You, we can do all things. Amen.

**Morning Psalm for the week:** Psalm 66

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Kings 8:54-61 / Monday: Mark 10:17-31 / Tuesday: John 12:20-33

Wednesday: Psalm 31:1-5 / Thursday: 2 Timothy 1:3-12

Friday: Joshua 24:1-24 / Saturday: John 6:41-67

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, You are so faithful. Life is so difficult, and I am faced with so many things that break my heart, pull me in different directions, and challenge me before I am even aware of the challenge. Oh God, I need you every moment. My wandering mind and heart need an infusion of Your Spirit to follow well and focused. You are able, Lord. I choose to follow You this day. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

O God, may I hold on to You, hold on as I have never before. My desire is to be in the center of Your will, reflecting You to anyone and all that my life touches. You

and you alone hold the answers to our deepest longings. Your truth is what I can stand on, it is unshaken and never changing. You are my firm foundation.

## **Midday Psalm for the week:** Psalm 105

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

#### **Closing Grace**

Father, You are sovereign and I am responsible. If I did not believe the first, I'd be frozen by fear that I could ruin Your plans for me. If I did not believe the second, I'd be passive and cynical. Let this wonderful paradoxical doctrine both provoke me to strenuous effort and comfort and reassure me, leaving no room for anxiety or second guessing. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Jesus, You set Your mind on the call and plan of Your Father, leaving the glory of heaven to love me, to love a world that would only reject You. As I consider Your path, may it move me to recognize my responsibility, not allowing myself to be swayed by my own feelings or other's suggestions. May I make up my mind, awake from floating through life. May I take up the armor, using the armor You have fashioned just for me and stepping into the battle knowing that You go before me and never leave me. Amen.

### **Evening Psalm for the week:** Psalm 17

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Lord Jesus, I thank You for the confidence Your resurrection gives to me that in the end all wrongs will be made right. Thank You for allowing me to rest in the assurance of my future resurrection and of living with You forever. Knowing and clinging to this truth empowers me to have courage and is a balm for all wounds. Amen.

## **WEEK 37 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Romans 8:2,14,15-19 (*A Song of God's Children*)

The law of the Spirit of life in Christ Jesus has set us free from the law of sin and death. \*

All who are led by the Spirit of God are children of God; for we have received the Spirit that enables us to cry, "Abba, Father". \*

The Spirit Himself bears witness that we are children of God and if God's children, then heirs of God; if heirs of God, then fellow-heirs with Christ, since we suffer with Him now, that we may be glorified with Him. \*

These sufferings that we now endure are not worth comparing to the glory that shall be revealed. \*

For the creation waits with eager longing for the revealing of the children of God. \*

The Spirit of the Father, who raised Christ Jesus from the dead, gives life to the people of God. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

I pause, Father, to commune with You. Help me to be still and know that You are God, even this new day. Ease any tense muscles or strained nerves or wrought up emotions. Let me be relaxed in body and calm in spirit so that I may be more responsive to Your presence and be able to clearly hear Your gentle whisper. Father, I pause to commune with You. Amen.

**Morning Psalm for the week:** Psalm 92

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Psalm 37:1-7 / Monday: Luke 5:12-16 / Tuesday: Matthew 4:1-11

Wednesday: Ecclesiastes 3:1-13 / Thursday: Luke 22:39-46

Friday: Galatians 1:11-24 / Saturday: Luke 17:20-21

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

O Lord, this day, I ask for You to center my heart and help me to see more clearly the value of withdrawing myself unto You. Even in the midst of my crazy days, Lord, help me to practice solitude and silence and take a pause throughout my hours. The pause, being alone with You, is a blessed and sweet moment, a time to regroup and re-center. You have modeled this pattern for me with Your Father. May I choose to enter into Your rest. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Lord, let me know the rest and restoration that come from real worship. Only there can I get relief from the strains of life—worry, comparisons, judgement, and pride.

May I get my eyes off of myself and onto You first. May Your Spirit within me, “make me glad by Your deeds” and “sing for joy at what Your hands have done”. Amen.

**Midday Psalm for the week:** Psalm 102

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you’ve seen His glory today.)*

**Lord’s Prayer**

**Closing Grace**

Jesus, many forces are hostile to truly following You, to exercising faith in You. Popular culture disdains a pursuit of You as narrow, many world leaders find it threatening, culture organizations want it gone or only engaged in secret. Remind my heart that none of this opposition will prevail. I thank You that, because You Yourself live within Your Church, even the gates of hell will not overcome it. Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Prayer**

Lord, remind my heart that, when You look on me, You find me “in Christ” and see beauty. Thank You for the confidence Your resurrection gives to me that, in the end, all wrongs will be made right. Thank You for allowing me to rest in the assurance of my future resurrection and living with You forever. Knowing that truth brings hope and heals all wounds. May that life be clearly seen in me. Amen.

**Evening Psalm for the week:** Psalm 17

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

Oh my God, may silence, retirement and prayer be the postures of my soul. How I grow weary with saying so much, yet doing so little for You! Come, Jesus, come! May You be the only object of my love, the center and supreme happiness of my soul. Come and impress my mind with such lively conviction of Your presence that all within me may yield to its influence and Your glory is unveiled to all to see. Amen.

## **WEEK 38 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Isaiah 55:6-11 (*A Song of the Word of the Lord*)

Seek the Lord while He may be found, call upon Him while He is near. \*

Let the wicked abandon their ways, and the unrighteous their thoughts. \*

Return to the Lord, who will have mercy; to our God, who will richly pardon. \*

For My thoughts are not your thoughts, neither are your ways My ways, says the Lord.  
For as the heavens are higher than the earth, so are My ways higher than your ways  
and My thoughts than your thoughts. \*

As the rain and the snow come down from above, and return not again but water the  
earth, bringing forth life and giving growth, seed for sowing and bread to eat. \*

So is My word that goes forth from My mouth; it will not return to Me fruitless, but it will  
accomplish that which I purpose, and succeed in the task I gave it. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, there is none like You. I want to know You as my ultimate Father, the One whose unfathomable, unconditional love sets me free to live for You—far above all other loyalties and expectations. It is with this heart and posture that I come to You this new day. Amen.

**Morning Psalm for the week:** Psalm 43

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Kings 8:54-61 / Monday: Mark 10:17-31 / Tuesday: John 12:20-26

Wednesday: Psalm 31:1-5 / Thursday: 2 Timothy 1:3-14

Friday: Joshua 24:1-24 / Saturday: John 6:41-69

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father, I affirm that You have sovereignly placed me into my family, my culture, and my present life circumstances. I cannot see all that You can see, but ask You to show me how, like those who have gone before me, how I can rest in Your power and love—even when I can't see the good that You may be doing. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Lord, You are my vindication and reputation; it does not matter what others may say. You are my stronghold; nothing else can protect me from danger, even death. You are my joy and delight; all others may desert me. May these truths be a reminder of Your closeness as times grow strange and crazy. Jesus, You are the One to whom I cling. Amen.

## **Midday Psalm for the week:** Psalm 126

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord Jesus, I want to be grounded in prayer, to be truly connected to You, to be in prayer for Your church, this country, it's leaders, world interactions as well as the people that my life is connected to in the moments of each day. May I be reminded that nothing is too far from Your hand and You are truly at work, even and especially in the things I cannot see. Thank You for reminding me that You empower and spiritually renew. Help me to rest in Your timing, knowing that my tears in prayer are like seeds that will come to fruition in the lives of people, in whom You created. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord, I praise You for being a majestic resplendent God. You are infinitely important and all else peripheral. You are eternally solid and everything else fleeting. Do not let me be taken or dazzled by human words, power or beauty, but rooted in You and all that surrounds You. As I hear of conflicting opinions, and am even challenged to take a side, may I remember that I stand behind You and You stand victorious over the ultimate enemy of sin and death. Amen.

## **Evening Psalm for the week:** Psalm 76

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Father, may my soul be in a receptive attitude, fully recognizing that the gift You offer to me in Christ, cannot be gained by any efforts or works of my own. May I recognize this more and more as my days increase, knowing that intentional connectivity and surrender to You is where true transformation will occur. Walking by faith, trusting in You is where the fullness of life can be found. Accomplish this in me, O God. Amen.

## **WEEK 39 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Psalm 67 (*A Song of God's Blessing*)

God, be gracious to us and bless us and make his face to shine upon us, that Your way may be known upon earth, Your saving power among all nations. \*

Let the peoples praise You, O God; let all the peoples praise You. \*

O let the nations rejoice and be glad, for You will judge the peoples righteously and govern the nations upon earth. \*

Let the peoples praise You, O God; let all the peoples praise You. Then shall the earth bring forth her increase, and God, our own God, will bless us. \*

God will bless us, and all the ends of the earth shall fear Him. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, may my heart be captivated this new morning to praise You for another opportunity to see You and Your work in this world. Perspective is such a dominant force, touching the way I see all things. Thank You for the reminders that You put before me, may I be quick to recognize them and not miss what You have in store for me this day—to see You and to reflect You to others whom I engage. Amen.

### **Morning Psalm for the week:** Psalm 68

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Thessalonians 5:16-18 / Monday: Luke 1:68-75 / Tuesday: Acts 2:42-47

Wednesday: 1 Chronicles 16:8-36 / Thursday: Philippians 4:4-9

Friday: 1 Timothy 1:12-17 / Saturday: Colossians 3:15-17

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father God, You are a mighty and awesome God. You are immeasurably high, intimidatingly great and beyond all comprehension. Yet You loved so much that You sent Jesus, as a human baby and offered approachable relationship. I can only wonder at Your glory and grace. May my life be marked by both holy awe before You and glad intimacy as I recognize that You love me and are for me! Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Jesus, Your Word admonishes me to thank God for all things. In the book of James, You even say to be thankful for the trials and temptations that come my way. To have a grateful spirit, Lord, I must cultivate this type of heart. It is not readily found, nor does it come naturally. I ask You, oh God, to continue to heighten my



awareness, to allow You to reveal more of Your ways to me, so that joy and a thankful heart would truly be the song of my heart, all praise back to You! Amen.

**Midday Psalm for the week:** Psalm 34

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

**Lord's Prayer**

**Closing Grace**

Lord, my anxieties, shame, discouragement, and frustrations come when my eyes get distracted and lose sight of You and of Your goodness and unfailing love toward me. Teach me how to look to You, to seek You, to refocus from my wanderings, and to recenter, allowing the radiance of Your joy to be the longing of my heart. Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Prayer**

Oh God, I love You. I thank You for loving me so much that You sent Jesus to rescue me from myself and the drive within me to be my own god. You opened my eyes and restored me from the seduction of the enemy and my own distraction. Establish in me, oh God, courage to follow You with all that I have, not being pulled away by the strivings of the world. Keep me free from a cynical heart and attitude, but may my mind be set on You and renewed by Your Word. Amen.

**Evening Psalm for the week:** Psalm 1

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

Father, You are the creator of all things, all creatures and all of humanity. Infuse me by Your Spirit to love all people. Free me from a judgmental attitude and help me to see mankind from Your perspective. There are so many contradicting viewpoints that the enemy would love to get Your people caught up in. Restore unity to Your church O God, may people know we love and follow You because of the love we have for all people. May this be the prayer for my heart and for a world that is in need to hear. Amen.

## **WEEK 40 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Psalm 27:1,3-6,8 (*A Song of God's Light*)

The LORD is my light and my salvation; whom then shall I fear? The LORD is the strength of my life; of whom then shall I be afraid? \*

Though a host encamp against me, my heart shall not be afraid, and though there rise up war against me, yet will I put my trust in Him. \*

One thing have I asked of the LORD and that alone I seek: that I may dwell in the house of the LORD all the days of my life, To behold the fair beauty of the LORD and to seek His will in His temple. \*

For in the day of trouble, He shall hide me in His shelter; in the secret place of His dwelling shall he Hide me and set me high upon a rock.

Therefore, will I offer in His dwelling an oblation with great gladness; I will sing and make music to the LORD.

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh Father, I come to You this day, seeking You first, laying my agenda down before Your throne. Give me courage, Lord, to do what You have given me to do, to say what You have given me to say, and to become who You have called me to become. Amen.

### **Morning Psalm for the week:** Psalm 48

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Matthew 13:44-46 / Monday: Deuteronomy 4:32-40

Tuesday: Philippians 3:1-14 / Wednesday: Matthew 6:19-24 / Thursday: Luke 17:1-10

Friday: John 21:15-25 / Saturday: Matthew 13:44-46

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father, I need to be melted away by spiritual understanding of how You value me, because of who I am in Christ and what I have become in You. I am a part of Your flock, Your body, Your kingdom, Your people, and am a reflection of Your love. Teach me how to love the things You love, oh God, and fully participate in the life You have given me in Christ and the mission to which You have called me. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

### **Middy Prayer**

Jesus, I feel as if I get caught up in such a flurry as I evaluate and look at where I put my time and energy. I know it is important and valuable to know what I do in a day, and how I can keep You the main orientation and my overarching priority.

Once again, show me how to order my days and keep You as my resting place as I steward my time and accomplish the tasks set before me. Amen.

### **Midday Psalm for the week:** Psalm 107

#### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

#### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

#### **Lord's Prayer**

#### **Closing Grace**

Lord, save me from being so caught up in my own pursuits that I am not a great neighbor to others in my surroundings. But also save me from being seduced too much by the appeal and excitement of this earthly dwelling. Remind me of my Kingdom residence, of the opportunities of relationship that surround me, and of Your faithfulness, knowing that You are at work in all things! Amen.

## **EVENING OFFICE**

#### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Lord, Your salvation brings all things together, restores hope, and promotes health. Help me to be reminded of Your work and purposes as I give myself to people in friendship and community, trusting You to accomplish Your transforming work in my heart as well as in the hearts of those I connect with. Free me from feeling that I need to protect myself, as that causes me to hold back from authenticity. Draw me close to others, as I'm reminded of Your Kingdom here on earth as it is in heaven. Amen.

#### **Evening Psalm for the week:** Psalm 113

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Lord Jesus, I praise You that You, infinitely greater than the universe with all its galaxies, would become a tiny infant who needed to be fed and changed. You did it for me and for all of humanity. That humbles my heart and captivates me to see people, Your creation, as ones whom You love and died for. May this impact my heart and adjust my perspective. May Your Kingdom come here on earth as it is in heaven. Amen.

# **WEEK 41 - MORNING OFFICE**

## **Silence and Centering**

**Canticle for the week:** Ephesians 1:3-10 (*A Song of God's Grace*)

Blessed are You, the God and Father of our Lord Jesus Christ, for You have blessed us in Christ Jesus with every spiritual blessing in the heavenly places. \*

You chose us to be Yours in Christ before the foundation of the world, that we should be holy and blameless before You. \*

In love you predestined us for adoption as Your children, through Jesus Christ, according to the purpose of Your will, to the praise of Your glorious grace, which You freely bestowed on us in the Beloved. \*

In You, we have redemption through the blood of Christ, the forgiveness of our sins, according to the riches of Your grace, which You have lavished upon us. \*

You have made known to us, in all wisdom and insight, the mystery of Your will, according to Your purpose which You set forth in Christ, as a plan for the fullness of time, to unite all things in Christ, things in heaven and things on earth. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

## **Morning Prayer**

Father, I am overwhelmed by Your love for me, by the plan You have had before the beginning of time to create humanity for relationship with You. Thank You for this new day to recognize that truth more fully and love You in return. How amazing it is that I can do nothing to earn Your love except submit my heart and agenda to Yours, allowing Your Spirit freedom to work and transform my affections. Accomplish this in me today. In Jesus' name. Amen.

**Morning Psalm for the week:** Psalm 117

## **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Job 42:1-6 / Monday: 2 Corinthians 12:7-10

Tuesday: Genesis 32:22-31 / Wednesday: Philippians 3:7-12 / Thursday: John 4:1-26

Friday: 1 Corinthians 2:6-16 / Saturday: Jeremiah 17:5-10

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

## **Closing Grace**

Lord, save me from being so self-focused that I get caught up in my own pursuits and am not available to others in my neighborhood. But also, save me from being so seduced and distracted by the draw and excitement of those same earthly surroundings. May my heart find its rest in its heavenly citizenship and be motivated to love those around me differently because of its transforming work in me. Help me to see the harvest. Amen.

# **MIDDAY OFFICE**

## **Silence and Centering**

**Canticle for the week**

## **Midday Prayer**

Eternal God, You have been the hope and joy of many generations and, who in all ages, has given men the power to seek You. In seeking to find You, grant me, I pray, a clearer vision of Your truth, a greater faith in Your power, and a more confident assurance of Your love. Amen.

## **Midday Psalm for the week:** Psalm 135

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, I praise You that whatever You will is good—because You are good. And I praise You that this is no affront to my freedom but rather its foundation and grounding. May I recognize that I am fully loved. Allow that truth to rest on me and be my springboard into all that I do, knowing I cannot earn anymore, yet have as much as I need to share with those who surround me by the power of Your Holy Spirit. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

I know, O Lord, nothing shall be able to separate me from Your endless love. Give me the grace to make Your Word my home, that I may know You more intimately and follow You more closely. Amen.

## **Evening Psalm for the week:** Psalm 144

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, I thank You that, if I reflect even for a moment, there are an infinite number of things to thank You for! Help me to take that time to give thanks for Your many gifts that I take for granted. Then let that thankfulness begin to transform all my attitudes—toward You, myself, others and life. Amen.

## **WEEK 42 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Colossians 1:13-18, (*A Song of Redemption*)

The Father has delivered us from the dominion of darkness, and transferred us to the kingdom of His beloved Son \*

In whom we have redemption, the forgiveness of our sins. He is the image of the invisible God, the firstborn of all creation. \*

For in Him all things were created, in heaven and on earth, visible and invisible. All things were created through Him and for Him, He is before all things and in Him all things hold together. \*

He is the head of the body, the Church, He is the beginning, the firstborn from the dead. In Him all the fullness of God was pleased to dwell; and through Him God was pleased to reconcile all things. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Father, I come to You this new day desiring a simple yet impactful life. I ask for Your strength to repel discontent thoughts, anxiety, self-focus and discouragement. Draw my heart to cultivate a cheerful Godward heart, practicing cheerfulness, other-centeredness and love. May I be generous this day, careful with my words, trustworthy and diligent, along with childlike faith in You alone. Accomplish this in me this day, I ask in Jesus' name. Amen.

**Morning Psalm for the week:** Psalm 149

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Acts 9:1-20 / Monday: Isaiah 32:14-20 / Tuesday: 1 John 3:19-4:6

Wednesday: Philippians 4:2-9 / Thursday: Romans 8:26-27

Friday: 1 John 5:1-12 / Saturday: 1 Corinthians 2:6-16

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, my hope truly is in You! A life filled with hope is the reflection that I desire my life to allude, pointing to You with all that I am. How grateful I am, that Your Holy Spirit reminds me of Your residence in my heart. May the moment-by-moment fellowship You offer to me throughout my day truly be my resting place and the fountain from which I draw my very breath. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Father, so many things clamor for my attention and affection. Oh God, cleanse my consciousness. By Your Spirit, may I carefully choose the things I allow inside my

thoughts. Prayerfully, I desire for You to guard the threshold of my mind and heart. In Jesus' name. Amen.

### **Midday Psalm for the week:** Psalm 86

#### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

#### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

#### **Lord's Prayer**

#### **Closing Grace**

Lord, I am constantly asking You to give me Your strength, to change me, and heal me. But nothing is more empowering and life-transforming than simply spending time with You, worshipping and adoring You. Inject the truth of Your wisdom, love, holiness and sovereignty deep down into my heart until it catches fire there and is contagious to those with whom I come in contact. Amen.

### **EVENING OFFICE**

#### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Father, Your answer to the chaos and strife of the world is in Your Son Jesus Christ. He will eventually break brokenness, kill death, destroy destruction, and swallow every sorrow. Teach me how to take refuge in You, trusting You for full assurance of my forever life in Your presence. Amen.

#### **Evening Psalm for the week:** Psalm 2

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Lord, I know that in my own strength I cannot accomplish things of You or change lives. That is work that only You, by Your Spirit alone can do. Empower me to be a faithful apprentice in practicing habits—prayer, work, study, physical exercise, eating, sleeping—all areas which I believe You have shown me to be right and good. Amen.

## **WEEK 43 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Psalm 103:1-7,19-22 (*A Song of God's Righteousness*)

Bless the Lord, O my soul, and all that is within me bless His holy name. \*

Bless the Lord, O my soul, and forget not all His benefits; Who forgives all your sins and heals all your infirmities; Who redeems your life from the pit and crowns you with faithful love and compassion \*

Who satisfies you with good things, so that your youth is renewed like the eagle's. The Lord executes righteousness and judgement for all who are oppressed. He made His ways known to Moses and His works to the children of Israel. \*

The Lord has established His throne in heaven, and His kingdom has dominion overall. \*

Bless the Lord, you angels of His, you mighty ones who do His bidding and hearken to the voice of His word. \*

Bless the Lord, all you His hosts, you ministers of His who do His will. \*

Bless the Lord, all you works of His, in all places of His dominion; bless the Lord, O my soul. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Thank You Father that You love me with an everlasting love. You have redeemed me and set my feet upon a new, firm foundation. You give my life purpose and reason, allowing me to be a conduit of Your grace to others around me. You are working in my heart, renewing my mind as I fix my heart and mind on You and Your ways. I commit this day to You and yield to Your transforming work to continue in me. Amen.

**Morning Psalm for the week:** Psalm 50

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 10:38-42 / Monday: Luke 6:46-49 / Tuesday: 2 Timothy 1:1-14

Wednesday: Proverbs 3:1-18 / Thursday: Ephesians 6:10-20

Friday: John 5:1-15 / Saturday: James 3:13-18

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father, You are full of compassion. Let my soul take refuge from the crowding turmoil of worldly thoughts beneath the shadow of Your wings. In this sea of restless waves, let my heart find peace in You. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Lord, captivate my heart to become more open to Your initiative. Let me wait patiently and attentively for the hour when You, by Your Spirit, break through the



walls I have thoughtlessly erected. Teach me to be ever close praying continuously and yielding my will to Yours. I ask in Jesus' name. Amen.

### **Midday Psalm for the week:** Psalm 34

#### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

#### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

#### **Lord's Prayer**

#### **Closing Grace**

Oh God, I desire for Your praise to be continually on my lips. I am grateful to You for Your goodness and unfailing love toward me. Save me from myself, when my focus gets lost in shame, or discouragement, when I boast in other things that steal away from You. Teach me how to look to You, seeking You until I know the radiance of Your joy alone. Amen.

### **EVENING OFFICE**

#### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Father, my days are filled with demands and distractions, some that are responsibilities, and others mere frivolities. May I be reminded that the reason I am here is to be in relationship with You, to learn to commune with You, to pray. May prayer be a greater concern and focus. Grow my awareness of the values that point me to Your attributes and that help me to celebrate Your redemptive plan. Amen.

### **Evening Psalm for the week:** Psalm 114

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Oh Jesus, how easily I get shaken. Criticism, failure, changes, and losses—these things often rattle me. Help me to live in the “kingdom that cannot be shaken” (*Hebrews 12:28*). At the end of this day, I ask You to continue to lead me, to teach me how to build my life on Your Word and Your love, which endure when all other things pass away. In You, I live and breathe, finding my truest being. Amen.

## **WEEK 44 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 42:5-8 (*A Song of God's Covenant*)

Thus, says God, Who created the heavens, Who fashioned the earth and all that dwells in it  
Who gives breath to the people upon it and spirit to those who walk in it \*

"I am the Lord and I have called you in righteousness, I have taken you by the hand and kept you \*

"I have given you as a covenant to the people, a light to the nations, to open the eyes that are blind \*

"To bring out the captives from the dungeon, from the prison, those who sit in darkness. \*

"I am the Lord, that is My name; My glory I give to no other." \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh God, You love me with an everlasting love. Even as I think on that truth this morning, fill my heart with renewed trust in You. I am Your child. You go before me and surround me with reminders of Your grace. I desire to be attentive to You, to see You more and more throughout my day, and to be filled with praise... for You are a good God! Amen.

### **Morning Psalm for the week:** Psalm 72

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Matthew 13:10-17 / Monday: 1 Corinthians 2:6-16

Tuesday: Philippians 2:1-11 / Wednesday: Hebrews 5:11-6:2

Thursday: Isaiah 11:1-5 / Friday: 1 Peter 4:1-6 / Saturday: Romans 8:5-11

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Father, Your word tells us to attempt to emulate the mind of Christ. This is an enormous proposition. And yet, it is true and a desire of Your heart for me. Jesus, You had a clarity of purpose which guided Your words and deeds, without which my actions are just that... my actions. Captivate my will, oh God, and make it Thine. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

### **Midday Prayer**

Jesus, today's culture demands that I surrender authority over myself to no one. But that would violate Your glory and my new nature to not give You Lordship over my life.

Therefore, I willingly obey whatever You say and accept whatever You send, whether I understand it or not. Amen.

### **Midday Psalm for the week:** Psalm 61

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

### **Closing Grace**

Lord, I praise You that I am truly, only, and finally safe in You. You are sovereignly working all things out for your glory and my good. You have removed my sin in Christ so that my ultimate future is with You. You hear my prayers and care for me. May I grow in trust in the midst of any confusion or unrest I may feel in my day-by-day challenges of life. I thank You that You are the Rock that is higher than I. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Oh Lord, grant me wisdom and prudence to see the larger picture... to wait and to discern the seasons of my life with You. Forgive me for fighting the "deaths" You send into my life in order to plant something new. In Jesus' name. Amen.

**Evening Psalm for the week:** Psalm 84

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Oh Jesus, my soul yearns for You, my desire is to dwell in Your courts. As I walk out my days knowing this as my desire, I find my fellowship with You comes and goes. My nearness to You faints and I lose track with the pulls and distractions that enter my world. I am grateful for the grace You freely pour over my wandering attention and Your gentle nudge that draws me back to You. Oh Jesus, may I be ever so sensitive to You, growing in those ebbs and flows of life. I thank You for Your great love for me and rest in You this night. Amen.

## **WEEK 45 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 40:9-11 (*A Song of God's Herald*)

Go up to a high mountain, herald of good tidings to Zion; lift up your voice with strength, herald of good tidings to Jerusalem. \*

Lift up your voice, fear not; say to the cities of Judah, "Behold your God!" \*

See, the Lord God comes with might, and His arm rules for Him. \*

Behold, His reward is with Him, and His recompense before Him. \*

God will feed His flock like a shepherd and gather the lambs in His arms. \*

He will carry them in His breast, and gently lead those that are with young. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Oh eternal God, sanctify my body and soul, my thoughts and my intentions, my words and actions, that whatever I speak or do may be designed for the glory of Your name. By Your blessing, may it be effective in Your work. In Jesus' name, I pray. Amen.

### **Morning Psalm for the week:** Psalm 141

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Thessalonians 4:1-12 / Monday: John 3:25-36 / Tuesday: Luke 12:35-48

Wednesday: Matthew 25:14-30 / Thursday: Romans 12:1-2

Friday: Luke 2:41-52 / Saturday: Deuteronomy 27:1-8

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Oh Lord, I ask for two things. Make me a friend who can speak the truth in love. And give me friends who are willing to do this for me—to exhort me lovingly, yet candidly, lest I be hardened by the deceitfulness of my own heart. Oh God, may my heart be ever so tender. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

### **Midday Prayer**

Jesus, move me to tenderness and action. May the time I spend with You move me past the activity of a quiet devotional life into truly determining choices in my everyday living. Let it bring Your will to bear on all the intersections of my moment-by-moment living, forming how my days are spent and the opportunities where I move from being a block to a conduit of Your grace and love to others. Amen.

### **Midday Psalm for the week:** Psalm 139

## **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

## **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

## **Lord's Prayer**

### **Closing Grace**

Lord, You know the world in which we live is complex, demanding and confusing. As my loving Father, You are well aware of how my world is pulling and stretching me, if I allow it. Help me to recognize these demands that attack me from every side. I know that You are the anchor that I need to keep these loud demands balanced and filtered through Your discerning hand. Oh may I cling to You! Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Jesus, You are seated on the throne, on high at the right hand of Your Father. I am reminded that God has placed You there to intercede on my behalf—to plead for me, to be the example I need to help me to see the bigger picture, especially when it feels like life is falling apart. May I not be swayed by life's circumstances or loud voices. Yet, may I rest in You, Your finished work, and the hope that You have given to me through the cross. Amen.

**Evening Psalm for the week:** Psalm 102

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Father, You have plans for my life, for the lives of my brothers and sisters and compassion that is beyond selfless. As I look around, especially at my own life, I find myself on a battleground, torn between choices, many in which I can name and many that I am not even aware of. I ask You to prod my heart Father, grow my awareness to the choices I face throughout my day, may I, in that awareness choose You, Your way, blessing and preferring others over myself. I am reminded of Your sufficient grace, Your mercy in forgiveness, and the opportunities You will put before me tomorrow. I trust Your Holy Spirit to move and accomplish Your will in me. Amen.

## **WEEK 46 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Psalm 51:1-5,12-15 (*A Song of Penitence*)

Have mercy on me, O God, in Your great goodness; according to the abundance of Your compassion blot out my offenses. \*

Wash me thoroughly from my wickedness and cleanse me from my sin. \*

For I acknowledge my faults and my sin is ever before me. \*

Against You only have I sinned and done what is evil in Your sight, so that You are justified in Your sentence and righteous in Your judgement. \*

Cast me not away from Your presence and take not Your Holy Spirit from me. \*

Give me again the joy of Your salvation and sustain me with Your gracious Spirit; \*

Then shall I teach Your ways to the wicked and sinners shall return to You. \*

Deliver me from my guilt, O God, the God of my salvation, and my tongue shall sing of Your righteousness. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Father, You are a good God, the One and Only, full of compassion and love from the beginning of time. Thank You for going before me this day and greeting me with health, breath, and the gift of choice to love and worship You. Forgive me, Father, for the many times I lose sight of Your gifts and goodness. Captivate me afresh, this new day. May Your praise be continually on my lips. Amen.

**Morning Psalm for the week:** Psalm 1

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Isaiah 48:14-22 / Monday: Mark 4:1-34 / Tuesday: Matthew 13:10-17

Wednesday: 2 Samuel 12:1-25 / Thursday: Romans 10:1-21

Friday: John 16:1-16 / Saturday: Proverbs 6:20-23

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord of the Word, don't let me be seduced by the world—either naively going with the crowd, or becoming a hardened cynic. Help me meditate on Your Word to the point of delight. Give me stability and contentment regardless of the circumstances. How I need that! Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

**Midday Prayer**

Jesus, as You often explained the deep things about Your Father, His Kingdom and my choices with stories from everyday life, speak to me from the everyday events and people in my life. May I have an attentive heart to the things you are doing and things that are happening around me that grow my sensitivity to You, the things You are trying to show me and areas of growth, may I be obedient to the things you reveal. Amen.

**Midday Psalm for the week:** Psalm 103

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, I confess how much of my fear, anger, anxiety, and discouragement is wholly due to my forgetting Your benefits, and all You've made available to me and promised me in Christ. My mind knows, yet my heart forgets that I am loved, forgiven, delighted in, and will be with You for eternity. Forgive me, Lord. Speak to my soul until strength is renewed. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

Lord God, I praise You for making Yourself not just my King and my Shepherd but my Father. To think of the omnipotent God as my Father—loving me and working all things for my good—this is amazing! Transform my prayer life through a deeper grasp of Your Fatherly love to me. Amen.

**Evening Psalm for the week:** Psalm 147

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, ethical behavior without joy-filled worship, or exuberant praise without whole-life obedience—both of these are counterfeit Christianities. I have veered in both directions in my life. Help me to keep my eyes fixed on You; help my heart and actions to stay strong and follow courageously after You. I offer You my whole life, mind, will and emotions. Amen.

## **WEEK 47 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** 1 John 1: 5-9 (*A Song of Repentance*)

This is the message we have heard from Christ and proclaim to you: that God is light, in Whom there is no darkness at all. \*

If we say that we have fellowship with God while we walk in darkness, we lie and do not do what is true. \*

But if we walk in the light as God is in the light, we have fellowship with one another. \*

And the blood of Jesus, the Son of God, cleanses us from all our sins. If we say that we have no sin, we deceive ourselves and the truth is not in us. \*

If we confess our sins, the One who is faithful and just will forgive us and cleanse us from all unrighteousness. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Heavenly Father, I come to You this day choosing to humble myself before You as Your child. Strengthen me, Father, through the power of Your Spirit at the core of my being. I invite You to break up the unplowed ground of my heart that I have allowed to grow hard, and work as only You can do. May faith grow and increase. Establish me firmly in Your love. Amen.

**Morning Psalm for the week:** Psalm 109

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: 1 Thessalonians 5:12-28 / Monday: John 13:1-35

Tuesday: 1 Timothy 3:1-7 / Wednesday: Philemon 1-25

Thursday: Philippians 2:19-30 / Friday: 1 Samuel 20:16-42 / Saturday: Acts 9:10-19

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, the anger I sometimes harbor is indeed unlike Yours. I invite Your Spirit to purify me, so my anger is not triggered by my own wants or hurt ego as much as by real injustice and evil. I ask that it not remain in me to harden or poison my joy, but readily give way to compassion and Your transforming work. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

How thankful I am Father, that nothing is too hard for You. You are the God of the impossible, the improbable—able to do more than I can ask or even imagine! Forgive my faithless praying and the smallness of my heart. I ask for a fresh realization of Your greatness that causes faith to rise up in me once again. Amen.



## **Midday Psalm for the week:** Psalm 139

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

#### **Closing Grace**

Lord, I confess that when things go wrong in my life, I seldom stop to consider whether You are lovingly trying to show me something that needs to change. Friends tell friends the truth, even when it hurts. So, help me to be open to Your friendship and critique. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Lord Jesus, forgive me for the times when I allow my faith to become weak and my relationship with You to become distant. Oh, draw me close Jesus! Help me to crave spiritual food so that I may grow deeper in my relationship with You. Grow me to mature in my faith, to be disciplined, trained in being able to have discernment between good and evil, feeding on the meat of Your Word. Amen.

## **Evening Psalm for the week:** Psalm 84

### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Father, this season has wearied me. The constant changes, the advisories, the lockdowns, people's opinions, and especially the division. Oh God, I trust You and know that You are in control of all things. May my weary heart be focused solely on You. Revive my spirit and remind me of Your faithfulness and grace. Grip my heart with Your love. May the burden I feel be only for what breaks Your heart. Drive me to my knees on behalf of what You desire and long to accomplish in my life and in the lives of so many who need You. Amen.

## **WEEK 48 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** Isaiah 60:1-3,11,18,19,14 (*A Song of the New Jerusalem*)

Arise, shine out, for your Light has come, the glory of the Lord is rising upon you. \*

Though night still covers the earth, and darkness the peoples, above you the Holy One arises, and above you God's glory appears. \*

The nations will come to Your light, and kings to Your dawning brightness. \*

Your gates will lie open continually, shut neither by day nor by night. \*

The sound of violence shall be heard no longer in your land, or ruin and devastation within your borders. \*

You will call your walls Salvation, and your gates Praise. \*

No more will the sun give you daylight, nor moonlight shine upon you; but the Lord will be your everlasting light, your God will be your splendor. \*

For you shall be called the city of God, the dwelling of the Holy One of Israel. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

O Lord, You are my everlasting light! You, the Light of the world, have come—You have defeated the darkness and made new life available to all who call on Your name. May I be captivated by that truth this day. I invite You to speak to me throughout my day. Help me to stop and listen to Your voice, reminding me of the sweet fellowship that is available to me, if only I seek. Oh Jesus, may my heart be hungry for You!

**Morning Psalm for the week:** Psalm 14

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: John 16:5-15 / Monday: 1 Samuel 3:1-10

Tuesday: Exodus 13:17-22 / Wednesday: John 10:1-15

Thursday: Genesis 24:1-67 / Friday: 1 Samuel 16:1-13 / Saturday: Judges 6:11-40

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord, I often struggle with doubts about You, especially when I am surrounded by such crazy things happening in our world. Many times, I realize that these thoughts come not from my intellect or mind but from my heart. Increase my faith, Lord. Through Your Word and Spirit, use friends and fellow believers, or whatever avenue You choose, so that I may humbly hear and follow. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

**Midday Prayer**

Oh God, the salvation that You made available to us through Jesus, brings all things together, yet I still hold back in opening myself up to others in friendship and community. I am often too wary of admitting my own brokenness. Draw me closer to Yourself and to Your other children so that I can have all You want to do through me. Amen.

**Midday Psalm for the week:** Psalm 85

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

**Lord's Prayer**

**Closing Grace**

Father, I ask for a fresh empowering of the Holy Spirit on my life and the lives of my brothers and sisters in Christ in my church and community so that our hearts may be captured with a new urgency to be gospel proclaimers. Oh God, I recommit my life to be Your ambassador, releasing the message of reconciliation through my words and deeds. In Jesus' name, Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Prayer**

Lord Jesus, I am not exaggerating when I say there is only one thing in life that I truly need—that, through prayer and experience, I long to see You and know Your beauty. With each passing day, may my love for You grow deeper and more real. In spite of all that I see around me, may the moments I spend with You deepen my confidence that You rule over all! Amen.

**Evening Psalm for the week:** Psalm 27

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

Surely, Lord Jesus, You are coming soon! May I be found faithful in engaging the work of Your kingdom as a gospel proclaimer. You have given me all I need to courageously share with others the work You have already accomplished on my behalf and on behalf of the world. Oh, may people open their hearts to the truth of the gospel and participate in establishing Your kingdom here on earth as it is in heaven. In Jesus name, I ask and rest with great thanksgiving. Amen.

## **WEEK 49 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Hosea 6:1-6 (*A Song of Humility*)

Come, let us return to the Lord who has torn us and will heal us. God has stricken us and will bind up our wounds. After two days, He will revive us, and on the third day will raise us up, that we may live in His presence. \*

Let us strive to know the Lord; His appearing is as sure as the sunrise. He will come to us like the showers, like the spring rains that water the earth. \*

"O Ephraim, how shall I deal with you? How shall I deal with you, O Judah? Your love for Me is like the morning mist, like the dew that goes early away. \*

Therefore, I have hewn them by the prophets, and My judgement goes forth as the light. For loyalty is My desire and not sacrifice, and the knowledge of God rather than burnt offerings." \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Father, You have made all things available to me in Christ. You have broken down the wall that separated me from Your holy presence. Your love for me has sacrificially chosen to send Your one and only Son to bear my sin and gift me with the truest of life. May this truth and knowledge be the captivating thought and motivation for all of my living. I ask this to be so in the mighty name of Jesus, Your Son, Amen.

### **Morning Psalm for the week:** Psalm 68

#### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: John 7:37-44 / Monday: Philippians 3:7-11 / Tuesday: Psalm 63:1-8

Wednesday: Luke 9:46-50 / Thursday: John 12:1-8

Friday: 1 Peter 2:1-10 / Saturday: Romans 8:18-25

#### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord God, thank You for the reminder that You ask me to lay my burdens down, that You long for me to recognize You in the midst of my struggle and are extending to me Yourself as my lifeline. Save me from myself, Lord. Save me from my efforts to control and protect my own circumstances and surroundings. I recognize that You work in *all* things, and the things that may come my way are sifted through Your hand and are used to lovingly chisel me into the image of Your Son. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Midday Prayer**

Lord, I do not know what to ask of You. Only You know what I truly need. I simply present myself to You, open my heart to You. My desire is to accomplish Your will. Teach me to pray. Amen.

## **Midday Psalm for the week:** Psalm 12

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Oh Jesus, I feel like these days surround me by those whose words are either fawning and flattering, or malicious and stinging. Don't let me imitate them. Make my words honest and true, economical and few, wise and well chosen, calm and kind. Give me so much love and grace that this kind of conversation comes naturally to me, all because of Your transforming work. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

How grateful I am this day, Father, for the promise of Jesus' return. Make my heart excited and ready, Lord, that I might watch and wait with great faith and eagerness in my heart. Strengthen me, oh God, to say no to ungodliness and the passions of this world. May I not be entangled with the things of this world, but be self-controlled, upright, confident and unashamed, always awaiting Jesus, my Blessed Hope. I ask for patience, yet actively ask to be ready to speak Your truth and love the people with whom you call me to engage. Amen.

### **Evening Psalm for the week:** Psalm 67

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made.

We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord, may Your praise be continually on my lips. You are so gracious and merciful to me. You remind me of your goodness and give me opportunity to recognize You over and over throughout my day. You have given such a vibrant message for me to herald to the nations, to my neighbors; You have equipped me, by Your Spirit, to carry that loving message. Captivate me afresh to be a message bearer, Lord, longing for others to be brought into relationship with You, to truly have the life that You desire them to have. To the glory of Your name. Amen.

## **WEEK 50 - MORNING OFFICE**

### **Silence and Centering**

**Canticle for the week:** 1 Samuel 2:1- 8 (*Hannah's Prayer*)

My heart exults in the Lord; my horn is exalted in the Lord. My mouth derides my enemies because I rejoice in Your salvation. There is none holy like the Lord: there is none besides You; there is no rock like our God. \*

Talk no more so very proudly, let not arrogance come from your mouth; for the Lord is a God of knowledge, and by Him actions are weighed. \*

The bows of the mighty are broken, but the feeble bind on strength. Those who were full have hired themselves out for bread, but those who were hungry have ceased to hunger. The barren has borne seven, but she who has many children is forlorn. The Lord kills and brings to life; He brings down to Sheol and raises up. \*

The Lord makes poor and makes rich; He brings low and He exalts. He raises up the poor from the dust; He lifts the needy from the ash heap to make them sit with princes and inherit a seat of honor. For the pillars of the earth are the Lord's, and on them He has set the world. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Dear Father, let me seek and find You in this place of prayer. May Your presence become so clear to me that I will also recognize You in all the places I will find myself this very day. Oh, may my eyes be open and may my ears be in tune to recognize Your move. Awaken my heart and mind to be attentive and quick to follow Your lead. Amen.

**Morning Psalm for the week:** Psalm 36

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Matthew 6:5-14 / Monday: Hebrews 10:19-25 / Tuesday: Mark 1:35-39

Wednesday: Acts 1:1-11 / Thursday: Genesis 13:1-18

Friday: 2 Samuel 24:18-25 / Saturday: Luke 14:7-14

**Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord God, I confess that my mind wanders even when I want to focus on You. My thought life struggles with foolishness, "what-ifs", fear, resentment. My mind does not fix itself on the most worthy and beautiful things... on You. Lord, incline my heart to Yourself. Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

**Canticle for the week**

### **Midday Prayer**

Oh Jesus, I get caught up in a whirlwind of flailing and thrashing, as this life attempts to sweep me far from any sense that I am called to be holy and set apart. Captivate my heart, Lord. Every day, even in the mundane, I want my mind to be set on things above,

to be captured afresh by Your Kingdom and recognize that You are there, calling me to come, to rest, and to long for more of You. Amen.

### **Midday Psalm for the week:** Psalm 47

#### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone. \* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves. \* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

#### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

#### **Lord's Prayer**

#### **Closing Grace**

God, You are the fuel that my soul was called to run on to have my strength renewed. I worship You, Lord. When my heart is tuned, I overflow with Your joy, the joy of Your salvation, gifted to me to allow others to see You. Use me, oh God. May my life allow You to reign. I bow in humility, knowing the gift of grace is for *all* people. May I move out of the way for You to do Your work. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

#### **Evening Prayer**

Father, You are so faithful. You lead me step by step, gently nudging me to the left or to the right. Grow my trust in You, Father, reminding me that I am Your child and that You love me. I thank you for the ways You have loved me, uncovering mysteries, revealing a better way, and getting me back on the right road. Your ways are higher than mine. Great is Your faithfulness! I am truly thankful. Amen.

### **Evening Psalm for the week:** Psalm 123

#### **Confession/Gloria Patri**

#### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### **Closing Grace**

Lord God, I am grateful for Your mercy. May I extend that mercy to myself and to those who I encounter, remembering Your love and grace to every generation. Thank You for Your reminders today that have captivated me, invited me into Your presence, loved me in my brokenness, offered to me true hope and forgiveness in Christ. You truly are an amazing God and loving Father! I love You. Amen.

# **WEEK 51 - MORNING OFFICE**

## **Silence and Centering**

### **Canticle for the week:** Isaiah 9:2,3,4,6,7 (*A Song of Redemption*)

The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, upon them the light has dawned. \*

You have increased their joy and given them great gladness; they rejoiced before you as with joy at the harvest. For you have shattered the yoke that burdened them. \*

For to us a child is born and to us a son is given, and the government will be upon his shoulder. And his name will be called: Wonderful Counsellor; the Mighty God; the Everlasting Father; the Prince of Peace. \*

Of the increase of his government and of peace there will be no end, upon the throne of David and over his kingdom, to establish and uphold it with justice and righteousness. From this time forth and for evermore, the zeal of the Lord of hosts will do this. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

## **Morning Prayer**

Eternal Father of my soul, let my first thought today be of You; may my first impulse be to worship You. Help me to use my voice to praise Your Name and my action to kneel before You humbly in prayer, adoration and submission. Amen.

## **Morning Psalm for the week:** Psalm 146

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 1:46-55 / Monday: Deuteronomy 6:4-25 / Tuesday: Isaiah 43:1-13

Wednesday: Genesis 1:1-31, 2:1-3 / Thursday: 1 Peter 1:3-9

Friday: Job 38:1-33, 42:1-6 / Saturday: Revelation 21:1-7

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,

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

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation, but deliver us from the evil one.

For the kingdom, the power, and the glory are Yours forever. Amen.

## **Closing Grace**

Praise to You oh Lord God, I choose to praise You all the days of my life. I thank you that You cared so deeply, loved so much, that You became a vulnerable mortal... born as a helpless baby, lived a life of selfless humility and obedience, always pointing us to Your loving Father. You willingly died a cruel death to satisfy the demands of justice against sin. You defeated death and separation from God, reconciling all things by the power of Your resurrection. I praise You, Father, for Your unspeakable gift in Jesus! Amen.

# **MIDDAY OFFICE**

## **Silence and Centering**

### **Canticle for the week**

### **Midday Prayer**

Lord, as I am in the midst of my day, I pause, desiring to recognize You, to create space in my heart and mind for silence... a waiting, a moment to connect with You in prayer. I choose, Lord, to prepare the ground and clear away the obstacles. Take my concentration and help me mentally focus. May my mind find resolve and be



recentered in You. You are an amazing God, making all available to and for me in Christ. Save me from my striving. Amen.

**Midday Psalm for the week:** Psalm 98

**Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

**Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

**Lord's Prayer**

**Closing Grace**

Lord Jesus, You have done marvelous things! This season can be such a flurry, people running and scurrying, so very far from the peace and rest that You call us into. Thank You for making Your salvation known to me, to people, Your creation. You have loved us with an everlasting love, before time began You knew all things, You knew of me. You see me, in Christ, beautiful and perfect, You are for me. I bring to You my heart, full of thanksgiving, worship and praise. Amen.

**EVENING OFFICE**

**Silence and Centering**

**Canticle for the week**

**Evening Prayer**

Lord Jesus, I praise You for Your church and what You have called the church to be - a reflection of Your relationship with the Father, reflective of Your glory, and Trinitarian unity. I confess that many times I am a part of a flawed portrait, far from reflecting Your character. I ask Jesus, to fill my understanding and transform my heart to be part of the solution not the problem. Amen.

**Evening Psalm for the week:** Psalm 122

**Confession/Gloria Patri**

**General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

**Closing Grace**

O Father, I stand in awe of Your love, Your plans and purposes for humanity. Forgive me and my brothers and sisters for not seeing fully Your ways, nor 'getting it' when You lovingly nudge my heart and direct me. I desire to be in tune with Your voice, to pause to listen, and to be still enough to hear. You are so patient and kind God, continuing to forgive me, invite me and love me back to Yourself, I am so very grateful. Thank You for Jesus and making a way back to You. Amen.

## **WEEK 52 - MORNING OFFICE**

### **Silence and Centering**

#### **Canticle for the week:** Isaiah 11:1,2,3-4,6,9 (*A Song of God's Chosen One*)

There shall come forth a shoot from the stock of Jesse, and a branch shall grow out of his roots. \*

And the Spirit of the Lord shall rest upon Him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. \*

He shall not judge by what His eyes see, or decide by what His ears hear, but with righteousness He shall judge the poor, and decide with equity for the meek of the earth. \*

The wolf shall dwell with the lamb, and the leopard shall lie down with the kid. The calf, the lion and the fatling together, with a little child to lead them. \*

They shall not hurt or destroy in all my holy mountain, for the earth shall be full of the knowledge of the Lord as the waters cover the sea. \*

*\* Here and in subsequent designations, take time to pause and meditate.*

### **Morning Prayer**

Lord, I just need to be with You. May I not be overwhelmed with things in me that need to change nor with what I see around me. Show me one small step at a time, and help me build my life around You. Lord, help me develop an effective plan in my life of paying attention to You—whether I am resting, working, studying or praying. Amen.

### **Morning Psalm for the week:** Psalm 73

### **Scripture Readings**

*Each daily Scripture passage should be read several times slowly. Take time to meditate on the depth of the words and ask the Holy Spirit to illuminate His truth.*

Sunday: Luke 20:41-47 / Monday: Ecclesiastes 12:1-7 / Tuesday: Colossians 4:4-9

Wednesday: Luke 16:19-31 / Thursday: Deuteronomy 10:12-22

Friday: Psalm 119:97-104 / Saturday: Joshua 1:1-9

### **Lord's Prayer** (*pray slowly, phrase by phrase*)

Our Father in heaven, hallowed be Your Name,  
Your Kingdom come, Your will be done on earth as it is in heaven  
Give us today our daily bread  
Forgive us our sins as we forgive those who sin against us.  
Lead us not into temptation, but deliver us from the evil one.  
For the kingdom, the power, and the glory are Yours forever. Amen.

### **Closing Grace**

Lord God, I praise You for being more real than the mountains. In You, I am richer than if I had all the jewels that lie beneath the earth. In my eyes, by Your Spirit's power, let *"the things of earth grow strangely dim in the light of Your glory and grace."* Amen.

## **MIDDAY OFFICE**

### **Silence and Centering**

#### **Canticle for the week**

### **Middy Prayer**

Father, may my mind be fixed with awe in Your greatness and wonder. You are an amazing God, setting the heavens in motion, holding all things together with Your hand. Your Word centers my wandering heart and reminds me of Your great love. Amen.

## **Midday Psalm for the week:** Psalm 20

### **Confession**

Merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone.\* We have not loved You with our whole heart and mind and strength. We have not loved our neighbors as ourselves.\* In Your mercy, forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in Your will and walk in Your ways, to the glory of Your holy Name. *(Take time to reflect on the day so far, confessing personal sin and responding to any promptings of the Spirit.)*

### **Gloria Patri**

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen. *(Speak these words slowly, meditating on the glory of the eternal God and on ways that you've seen His glory today.)*

### **Lord's Prayer**

### **Closing Grace**

Lord, refocus my mind when I get entrapped with human wisdom, talents and resources. They can let me down and distract me from Your best. Thank You for the reminder that, even if things do not go according to my plan, I can trust You, that I am in Your hands and am safe. I know You hear my prayer because You hear my prayer in Jesus' name. Amen.

## **EVENING OFFICE**

### **Silence and Centering**

### **Canticle for the week**

### **Evening Prayer**

May the strength of God pilot me. May the power of God preserve me. May the wisdom of God instruct me. May the hand of God protect me. May the way of God direct me. May the shield of God defend me. Amen.

## **Evening Psalm for the week:** Psalm 145

### **Confession/Gloria Patri**

### **General Thanksgiving**

Almighty God, Father of all mercies, we Your unworthy servants give You humble thanks for all Your goodness and lovingkindness to us and to all whom You have made. We bless You for our creation, our preservation, and all the blessings of this life, but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ. We bless You for the means of grace and for the hope of glory. And, we pray, give us such an awareness of Your mercies that, with truly thankful hearts, we may show forth Your praise—not only with our lips, but in our lives—by giving up ourselves to Your service, and by walking before You in holiness and righteousness all our days. Through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

### **Closing Grace**

Lord God, it is You who feeds me, who meets my everyday needs, who equips me to labor. Seeing the work of my hands and sense the gratification of hard work, I recognize that this provision is a gift from You. Help me sense Your sovereignty in how You weave these aspects together, pointing me back to You and the glory due Your name. Amen.