

Daily
Strength
Training

“Let us run with perseverance
the race marked out for us.”

(Praying Well)

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Vineyard Community Church
Big Pine Key, Florida

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Special Thanks

Once again, I want to thank my wonderful wife, family and friends for encouraging, praying, and joining with me as we labor together with love in His Vineyard.

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Introduction

Have you prayed today?

Matthew 26:40-41

40 He came to the disciples, and found them sleeping, and said to Peter, “What, couldn’t you watch with me for one hour? 41 Watch and pray, that you don’t enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Jesus is in the garden of Gethsemane, praying and crying out to God about the cross. He has brought all the disciples to the garden, but He has left most of them in one spot, and taken Peter, James and John to be with Him as He prays through this situation. He wants His friends to be with Him. He separates Himself a little to wrestle through the anguish and sorrow He is feeling and then He comes back to His friends and they are asleep.

“What, couldn’t you watch with me for one hour?”

It is interesting that the question is directed to Peter. Just before they had come to Gethsemane, Peter had said that He would never forsake the Lord. I believe that expresses Peter’s heart for the Lord, he means it when he says it. Yet here in the time of Jesus greatest need, Peter couldn’t even pray and hang out with Him for an hour without falling asleep. Jesus encourages Peter and the disciples to watch and pray and He also acknowledges the weakness of the human flesh.

And that is the issue for all of us. My deepest desire is to be with Jesus. To be His disciple, to follow and serve Him. But sometimes, my flesh, my selfishness, my issues get in the way.

Prayer should be of the highest priority in our lives and yet it often becomes one of the lowest. Our busy lives and the constant noise and distractions of our lives often keep us from prayer. Prayer becomes something that we do quickly over a meal, or maybe remember just

before we sleep and so we toss up a quick, “Now I lay me down to sleep”. It seems as though sometimes there is just not enough time in our lives to allow for prayer. As believers, we have a very real enemy who wants to steal life from us. The evil one wants to keep you from the Word, and from prayer. If he can keep you from reading the Word, you will be consumed by the fear of the culture, if he can keep you from prayer you will be consumed by worry. Worry and fear are the hallmarks of our culture. We have come to believe that our security and personal safety are the highest priorities and values in our lives. Worry and fear have caused us to lose focus and perspective. They have caused us to stop trusting God. They have weakened our faith. They have caused us to lean on our own understanding and abilities to try and make everything somehow work.

Philippians 4:6

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Worry and fear are the opposite of prayer and faith. Our question becomes, will we allow ourselves to be consumed by our culture and become a people of worry and fear, or, will we remember what it means to be a child of God, a citizen of the Kingdom, and choose to be people of prayer and faith that live a naturally supernatural life.

Colossians 4:2

2 Continue steadfastly in prayer, watching therein with thanksgiving;

Prayer needs to fill up the time that worry has managed to take hold of in our daily lives. We must learn to catch ourselves every time we give in to fear and worry and turn it over to God in prayer. Our prayers just need to be simple and honest communication with our heavenly Papa.

Have you prayed today? That is a question comprised of four simple words that can help us to become a people of prayer. A people that trust in God. A people who are not afraid of all that the culture fears. A people of God who can embrace the mission and adventure He has

called us to. A people of God willing to take risks for Him when He asks us to. Have you prayed today? I want that to be a question we start asking each other. Not as a judgment, not as a pointing of the finger. I want us to use that four worded question as an encouragement. As a call to prayer. As a reminder to move away from the trap of worry and fear. Engage with God about what is happening in your life. Talk to Him about your hurts and hang-ups, your fears and concerns. Share with Him your hope and joys. Talk to Him as you would with anyone you are in relationship with. He is listening. He loves it when you talk to Him. He has the power to change things and even better, He has the power to change you.

“I pray because I can’t help myself. I pray because I’m helpless. I pray because the need flows out of me all the time- waking and sleeping. It doesn’t change God- it changes me.” ~ C.S. Lewis

Daily Strength Training

Welcome to a devotional journey that is designed to help you develop healthy spiritual disciplines to keep your spiritual fervor. The journey (which began with the **Daily Psalt Intake** and **Daily Sage Intake**) continues with a look at a powerful daily prayer practice known as the “Daily Office”. The prayers and explanations of the “Daily Office” have been broken into thirty daily readings to help acquaint and equip you with a powerful, practical model for a disciplined daily prayer life. During the first thirty days, use the book as a type of daily devotional to begin to learn about the prayers in the “Daily Office” and how they came about. Once you have completed your first read through, start by adding the Morning Prayer to your daily routine. From there, you can add the other prayers from the “Daily Office” as you are able.



Day 1 – Strength Training

I am excited to introduce you to a part of Church history that I have found to be a very helpful part of my devotional life, the Daily Office. The Daily Office is a way of praying that has been around for a long time. From the time of the early church fathers and the desert monks through today, people have been praying a type of the Daily Office for thousands of years. With liturgies for Morning Prayer, Noonday Prayer, Evening Prayer, and Compline, tied together by a liturgical calendar and established readings in the Psalms, Old Testament, and New Testament, the Daily Office helps us to live everyday as part of His incredible story. The word ‘office’ in the Daily Office is used in this context to mean ‘service’. Daily Office means the service of the day. In “Daily Strength Training” I have adapted a Morning, Noonday, and Evening Office, as well as Compline and The Litany from the 1662 Book of Common Prayer that incorporate all of the components of our spiritual disciplines (Daily Psalt Intake, Daily Sage Intake, Daily Bread Intake and Daily Cardio Training) and wraps them together in a very nice package.

For me, the Daily Office is a way of praying that makes me feel connected to the historical church. The simplicity and repetition of the Daily Office provide a source of great comfort. It allows me to think about where I am each day in the salvation story. It gives me a sense of being a part of His incredible story, connected by a type of shared prayer throughout generations.

As you read through the Morning, Noonday, Evening, Compline and Litany Prayers included in “Daily Strength Training” you will notice that there are directions included. These directions are known as rubrics.

A purple font in italics in the liturgy designates a rubric (a liturgical term for the instructions to lead a service). These instructions or rubrics are written to help lead a group setting of Morning or Evening Prayer. Many of them will not apply to you when you are going through the prayer time by yourself. For example, it is not necessary to stand and sit when you are praying by yourself.

A green font in the liturgy designates a reading that is to be said by all those gathered for the service. When you see something in green I suggest that you read it out loud.

A black font in the liturgy designates a reading that is to be said by the pastor or leader of the service. When you are using the Offices as a devotional tool, consider yourself the leader.

The monks had developed the Daily Office over the years to include prayer times at dawn, before work, at 9:00 AM, 12:00 Noon, 3:00 PM, Sunset, before bed, and during the middle of the night. However, I am not a monk and so I do not pray all of these prayers every day. My regular routine is to pray the Morning Prayer and Evening Prayer every day. I also pray the Noonday Prayer and Compline as often as possible and use The Litany as a nice change of pace every now and again.

Another thing I like to think about is that no matter when I am going through my devotional times in the Daily Office, there are other people all over the world who are also praying some form of the daily office at the same time.

With that in mind, let's start our Daily Strength Training with a look at Morning Prayer.



Morning Prayer

Morning Prayer is wonderful for use in a private devotional setting, but we encourage you to gather with others as often as you can and enjoy this time of prayer in community. Morning Prayer may be started with a short time of worship in song. The pastor or leader should stand to read the opening sentence, while those gathered may be seated.

The pastor or leader will read aloud the opening sentence of Scripture

I rejoiced with those who said to me, “Let us go to the house of the LORD.” Psalm 122:1

The pastor or leader says

Let us humbly confess our sins to Almighty God.

This general Confession is said by all those gathered along with the pastor or leader

Almighty and most merciful Father, we have erred and strayed from Your ways like lost sheep. We have followed too much the evil inclinations and desires of our own hearts. We have broken Your holy laws. We have left undone what we ought to have done, and we have done what we ought not to have done, and there is no wholeness in us. Lord, have mercy on us broken sinners. Spare those, O God, who confess their faults. Restore those who truly repent, as You have promised through Jesus Christ our Lord. And grant, merciful Father, for His sake, that we may live a godly, righteous and abundant life, to the praise of Your holy name. AMEN.

A short period of silence may be kept. Then the pastor or leader says

Merciful God, grant to Your faithful people pardon and peace; that we may be cleansed from all our sins and serve You with a quiet mind; through Jesus Christ our Lord. AMEN.

All those gathered stand and everyone says the Lord's Prayer

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

The pastor or leader along with all those gathered, remain standing and say or sing

Open our lips, O Lord.
And our mouths shall declare Your praise. (2x)

O God, make speed to save us.
O Lord, make haste to help us. (2x)

Glory 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.

Let us praise the Lord.

The Lord's Name be praised.

Psalm 95 is said with all still standing

1 Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.

2 Let us come before him with thanksgiving and extol him with music and song.

3 For the LORD is the great God, the great King above all gods.

4 In his hand are the depths of the earth, and the mountain peaks belong to him.

5 The sea is his, for he made it, and his hands formed the dry land.

6 Come, let us bow down in worship, let us kneel before the LORD our Maker;

7 for he is our God and we are the people of his pasture, the flock under his care.

Glory 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.

All those gathered may be seated, the pastor or leader may sit or stand

*The Psalm or Psalms of the day are said or sung. At the end of each
Psalm is said*

*Glory 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 chapter of Proverbs of the day is said. At the end of the chapter of
Proverbs is said*

*Glory 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 First Reading from the Old Testament

*The readings are introduced by saying, the _____ verse of the _____
chapter of the Book of _____. After the reading, the reader says, Here
ends the first reading.*

The following Hymn, Te Deum is said after the first reading

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 the 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.
The glorious company of apostles praises You.
The noble fellowship of prophets praises You.
The white-robed army of martyrs praises You.

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,
Eternal Son of the Father.
When You became man to set us free
You did not disdain the virgin's womb.
You overcame 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, sustain Your people,
Bought with the price of Your own blood,
And bring us with Your saints
To everlasting glory.

The Second Reading from the New Testament or Psalms

The readings are introduced by saying, the _____ verse of the _____ chapter of the Book of _____. After the reading, the reader says, Here ends the second reading.

The Song of Zechariah (Luke 1:68-79), is said

68 "Praise be to the Lord, the God of Israel, because he has come and has redeemed his people.
69 He has raised up a horn of salvation for us in the house of his servant David
70 (as he said through his holy prophets of long ago),
71 salvation from our enemies and from the hand of all who hate us—
72 to show mercy to our fathers and to remember his holy covenant,
73 the oath he swore to our father Abraham:
74 to rescue us from the hand of our enemies, and to enable us to serve him without fear
75 in holiness and righteousness before him all our days.
76 And you, my child, will be called a prophet of the Most High; for you will go on before the Lord to prepare the way for him,

77 to give his people the knowledge of salvation through the forgiveness of their sins,
78 because of the tender mercy of our God, by which the rising sun will come to us from heaven
79 to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace.”

Glory 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 Apostles' Creed is said by all standing

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried. *
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy universal Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers follow

The Lord be with you.
And also with you.

Let us pray.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

Lord show us Your mercy.
And grant us Your salvation.
Create in us clean hearts, O God.
And renew us by Your Holy Spirit.

Three Collects are said. The pastor or leader reads the Collect of the day which changes every week. The Collect for Peace and the Collect for Grace stay the same and are said by all those gathered

The Collect of the Day is said

The Second Collect, for Peace

O God, the author of peace and the lover of harmony, whom to know is eternal life and to serve is perfect freedom: defend us Your humble servants against all assaults of our enemies, that trusting in Your defense, we may not fear the power of any adversary; through the might of Jesus Christ our Lord. AMEN.

The Third Collect, for Grace

O Lord our heavenly Father, Almighty and Eternal God, we praise You for bringing us safely to the beginning of this day: defend us with Your mighty power, and grant that we fall into no sin, nor run into any kind of danger, but govern and guide us at all times, so that we may do what is right in Your sight; through Jesus Christ our Lord. AMEN.

This General Thanksgiving may be said by all those gathered along with the pastor or leader

Almighty God, Father of all mercies, we Your unworthy servants give You humble and hearty thanks for all Your goodness and loving kindness to us, and to all people. We bless You for our creation, preservation, and all the blessings of this life; but above all for Your boundless love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and the hope of glory. Give us, we pray, such a sense of all Your mercies that with truly thankful hearts we may declare Your praise, not only with our lips, but in our lives, by giving up ourselves to Your service, by walking before You in holiness and righteousness all our days, and in living by trying to do the next right thing; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be all honor and glory, for ever and ever. AMEN.

The Disciple's Heart Morning Primer may be used here.

The pastor or leader may include a time of spontaneous prayers here.

A Prayer of St. Chrysostom is said by all those gathered along with the pastor or leader

Almighty God, You have given us grace in our time of need to bring before You our common requests; and promise that when two or three are gathered together in Your name You will grant their requests; fulfill now, Lord, the desires and petitions of Your servants in ways that are most suitable for them; granting us in this world knowledge of Your truth, and in the world to come life everlasting. AMEN.

The Doxology may be sung by all those gathered along with the pastor or leader

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. AMEN.

The Grace is said by the pastor or leader

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. AMEN. 2 Corinthians 13:14.

Day 2 – Strength Training

Morning Prayer opens with a great call to worship.

The pastor or leader will read aloud the opening sentence of Scripture

I rejoiced with those who said to me, “Let us go to the house of the LORD.” Psalm 122:1

This verse is often on my mind as I am waking up. It is exciting to know that I have access to the Most Holy Place 24/7 in Christ. A thick curtain used to separate the Holy Place and the Most Holy Place which was God’s inner sanctuary. This curtain kept people from entering into the Most Holy Place. The high priest himself could only go in once a year to stand in God’s presence and atone for the sins of the people. But Christ is now seated at the right hand of God we now have access in Him.

Hebrews 6:19-20

“This hope we have as an anchor of the soul, a hope both sure and steadfast and entering into that which is within the veil; 20 where as a forerunner Jesus entered for us, having become a high priest forever after the order of Melchizedek.”



Day 3 – Strength Training

The next element of Morning Prayer provides a few moments for confession.

The pastor or leader says

Let us humbly confess our sins to Almighty God.

This general Confession is said by all those gathered along with the pastor or leader

Almighty and most merciful Father, we have erred and strayed from Your ways like lost sheep. We have followed too much the evil inclinations and desires of our own hearts. We have broken Your holy laws. We have left undone what we ought to have done, and we have done what we ought not to have done, and there is no wholeness in us. Lord, have mercy on us broken sinners. Spare those, O God, who confess their faults. Restore those who truly repent, as You have promised through Jesus Christ our Lord. And grant, merciful Father, for His sake, that we may live a godly, righteous and abundant life, to the praise of Your holy name. AMEN.

A short period of silence may be kept. Then the pastor or leader says

Merciful God, grant to Your faithful people pardon and peace; that we may be cleansed from all our sins and serve You with a quiet mind; through Jesus Christ our Lord. AMEN.

Knowing that God sees us in Christ, we are able to deal with our sin instead of trying to hide it. In dealing with it, we don't allow the evil one the ability to use it against us in shame and guilt. We deal with our sin by confessing it. The word in Greek for confess is "homologeo"

which literally means “the same Word”. Confession is more than saying “God, I won’t do it again.” Confession is saying, “God, You’re right, and I was wrong. God Your Word is right and I was wrong.”

1 John 1:9

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Even though we know our brokenness, even though the enemy wants to use guilt and shame to try and steal the life away from us that we can have as disciples, we can enjoy and live the full life Jesus has come to give us. We can enter the literal presence of God, where we are seen in Christ as clean and purified and connect with Him.

Hebrews 10:22

22 let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

Day 4 – Strength Training

The Lord’s Prayer is next and it is included twice during the Morning and Evening Prayer times.

*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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.
AMEN.*

We need to take care to not just say the words of the Lord’s Prayer by rote and miss the deeper meaning of the prayer. When the disciples asked Jesus to teach them to pray, He responds with what we know as the Lord’s Prayer. It was not given just as something to simply repeat over and over. Jesus presents it as more of a model to get connected to

God in prayer. Each verse helps us to focus on God, who He is, and who we are in Him.

Luke 11:1-4

1 When he finished praying in a certain place, one of his disciples said to him, “Lord, teach us to pray, just as John also taught his disciples.” 2 He said to them, “When you pray, say, ‘Our Father in heaven, may your name be kept holy. May your Kingdom come. May your will be done on earth, as it is in heaven. 3 Give us day by day our daily bread. 4 Forgive us our sins, for we ourselves also forgive everyone who is indebted to us. Bring us not into temptation, but deliver us from the evil one.’”

Most of us are more familiar with Matthew’s version of the Lord’s Prayer.

Matthew 6:9-13

9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done on earth as it is in heaven. 11 Give us today our daily bread. 12 Forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.’

As you read and say the Lord’s Prayer in the Daily Office, it should cause you to begin to consider some of the deeper prayer needs that you have for the day.

Matthew 6:9 is a reminder that God is a loving Father. *“This, then, is how you should pray: “Our Father in heaven, hallowed be your name,*

We tell Him we love Him. We thank Him for who He is and for what He has done.

Matthew 6:10 is a reminder that we are to try and live by doing the next right thing. *your kingdom come, your will be done on earth as it is in heaven.*

We pray that we would make Godly choices and decisions in our moment by moment lives. That it is His will and His way in our lives, not our own.

Matthew 6:11 is a reminder that He provides for our needs (these include our spiritual, relational and physical needs). *Give us today our daily bread.*

We pray for the needs of our families, friends, communities, and ourselves.

Matthew 6:12 is a reminder of the importance of forgiveness in our lives. *Forgive us our debts, as we also have forgiven our debtors.*

We spend time in prayer forgiving those who have sinned against us and asking for forgiveness for our sins.

Matthew 6:13 is a reminder for us to avoid temptation and remember that we are in a spiritual battle. *And lead us not into temptation, but deliver us from the evil one.'*

Day 5 – Strength Training

The next element is known as the “Preces”. It is the plural of “prex” in Latin which means prayer.

Open our lips, O Lord.
And our mouths shall declare Your praise. (2x)

O God, make speed to save us.
O Lord, make haste to help us. (2x)

“Preces” are short petitions or prayers that are said or sung as versicle (a short verse or sentence) by the leader and followed by a response

from the people in the congregation. This form of prayer is one of the oldest in Christianity tracing its roots back to the Hebrew prayers of the Psalms in Temple Worship. An early example of a “Preces” is Psalm 136:

(Versicle) 1 Give thanks to the LORD, for he is good;
(Response) for his loving kindness endures forever.
(Versicle) 2 Give thanks to the God of gods;
(Response) for his loving kindness endures forever.
(Versicle) 3 Give thanks to the Lord of lords;
(Response) for his loving kindness endures forever:
(Versicle) 4 To him who alone does great wonders;
(Response) for his loving kindness endures forever:
(Versicle) 5 To him who by understanding made the heavens;
(Response) for his loving kindness endures forever:
(Versicle) 6 To him who spread out the earth above the waters;
(Response) for his loving kindness endures forever:
(Versicle) 7 To him who made the great lights;
(Response) for his loving kindness endures forever:
(Versicle) 8 The sun to rule by day;
(Response) for his loving kindness endures forever;
(Versicle) 9 The moon and stars to rule by night;
(Response) for his loving kindness endures forever:
(Versicle) 10 To him who struck down the Egyptian firstborn;
(Response) for his loving kindness endures forever;

You get the idea. If we were following the Anglican tradition exactly in the Daily Office then this portion would actually go like this:

(Versicle) O Lord, open thou our lips:
(Response) And our mouth shall shew forth thy praise.
(Versicle) O God, make speed to save us:
(Response) O Lord, make haste to help us.

However, while we have borrowed heavily from the 1662 Book of Common Prayer in preparing our liturgy, we have made slight changes along the way. One of these changes is that we use this part of the “Preces” as an opportunity to chant these petitions. We chant the first versicle, take a cleansing breath, and then we chant the

response. Then we repeat the first versicle and response a second time, taking short pauses to quietly reflect as we go. We then repeat this process with the second versicle and response. The “Preces” provides an excellent opportunity to slow down and get focused on praising and worshipping God throughout the Daily Office.

The first versicle and response are taken from Psalm 51:15:

Psalm 51:15

15 Lord, open my lips. My mouth shall declare your praise.

The second versicle and response are taken from Psalm 70:1:

Psalm 70:1

1 Hurry, God, to deliver me. Come quickly to help me, LORD.

Day 6 – Strength Training

The “Gloria Patri” is next and is included in other places in both Morning and Evening Prayer. The Gloria Patri is also called the “Glory Be” or “Glory Be to the Father”. It is a short doxology or hymn of praise to God so it is also sometimes referred to as the “Minor Doxology” or the “Lesser Doxology”. These titles help to distinguish it from what is known as the Greater Doxology, the “Gloria in Excelsis Deo”.

*Glory 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 “Gloria Patri” was included in the liturgy by the monastic communities to be sung after the reading of each of the Psalms as ordered by St. Benedict in his Rule of 525. The “Gloria Patri” finds its biblical foundation in the following verses:

Romans 14:26

to the only wise God, through Jesus Christ, to whom be the glory forever! Amen.

Philippians 4:20

Now to our God and Father be the glory forever and ever! Amen.

Revelation 1:6

and he made us to be a Kingdom, priests to his God and Father; to him be the glory and the dominion forever and ever. Amen.

Revelation 14:7a

He said with a loud voice, "Fear the Lord, and give him glory;

1 Chronicles 29:11

Yours, LORD, is the greatness, the power, the glory, the victory, and the majesty! For all that is in the heavens and in the earth is yours. Yours is the kingdom, LORD, and you are exalted as head above all.

2 Corinthians 13:14

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. AMEN.

The "Gloria Patri" helps us to reflect on the majesty of the Trinity and to give God glory now and forever.



Day 7 – Strength Training

After the “Gloria Patri” we continue with another short “preces” or versicle (“Let us praise the Lord”) and response (“The Lord’s Name be praised”). This “preces” introduces a time of focused praise to the Lord which includes the daily Bible readings and “Venite”. Venite is the first seven verses of the 95th Psalm which can be said or chanted.

Let us praise the Lord.

The Lord’s Name be praised.

1 Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation.

2 Let us come before him with thanksgiving and extol him with music and song.

3 For the LORD is the great God, the great King above all gods.

4 In his hand are the depths of the earth, and the mountain peaks belong to him.

5 The sea is his, for he made it, and his hands formed the dry land.

6 Come, let us bow down in worship, let us kneel before the LORD our Maker;

7 for he is our God and we are the people of his pasture, the flock under his care.

Day 8 – Strength Training

Included in both Morning and Evening prayer is a daily reading from the Psalms which I like to call getting your Daily Psalt Intake. If you are using the Jesus Moment website there is a link provided that will take you to the Daily Psalt Intake page. There is also a list of the readings located on page 84. When you finish reading the Psalm, you should say the Gloria Patria.

The Psalm or Psalms of the day are said or sung. At the end of each Psalm is said

*Glory 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.*

From its beginning, the church has used the Book of Psalms as the center of its daily practice. The Book of Psalms is also referred to as the Psalter. Jesus quotes from the Psalms often, perhaps most notably when He is on the cross. “My God, my God, why have you forsaken me?”, and “Into your hands I commit my spirit” are both direct quotes from the Psalms.

In the Rule of St. Benedict, which was written somewhere between 530 and 560 A.D., it was the habit of the monks to read the entire Psalter (all 150 Psalms) every week. Benedict takes a jab at the monks who might think this was a bit much by mentioning that monks in previous centuries used to read the entire Psalter every day:

Having arranged the order of the office, let all the rest of the psalms which remain over, be divided equally into seven night offices, by so dividing such of them as are of greater length that twelve fall to each night. We especially impress this, that, if this distribution of the psalms should perchance displease anyone, he arrange them if he thinketh another better, by all means seeing to it that the whole Psalter of one hundred and fifty psalms be said every week, and that it always start again from the beginning at Matins on Sunday; because those monks show too lax a service in their devotion who in the course of a week chant less than the whole Psalter with its customary canticles; since we read, that our holy forefathers promptly fulfilled in one day what we lukewarm monks should, please God, perform at least in a week. — Rule of St. Benedict XVIII

By the time we get to the 1662 Book of Common Prayer we are encouraged to read through the Psalter once every month, which is a lot more doable:

THE Psalter shall be read through once every Month, as it is there appointed, both for Morning and Evening Prayer. But in February it shall be read only to the twenty-eighth, or twenty-ninth day of the month. And, whereas January, March, May, July, August, October, and December have one-and-thirty days apiece; It is ordered, that the same Psalms shall be read the last day of the said months, which were read the day before: so that the Psalter may begin again the first day of the next month ensuing. And, whereas the 119th Psalm is divided into twenty-two portions, and is over-long to be read at one time; It is so ordered, that at one time shall not be read above four or five of the said portions. — 1662 Book of Common Prayer

As you read through the Psalms you will begin to see the entire spectrum of the feelings and emotions, both positive and negative, that we experience as followers of Jesus. In the Psalms are all of the temptation, conflict, doubt, fear, groaning, moaning, and grief on the one hand, and the joy and hope of His mercy, grace, kindness, and deliverance on the other. Initially, the Psalms might seem a little strange. They are often confusing, they are sometimes violent, and even kind of offensive at times. And yet, as you begin to read them in a repetitive and prayerful way, I am convinced that you, just like the generations of believers before you, will begin to see how wonderfully the Psalms flow and connect and how amazing they are as a foundation for prayer.

Day 9 – Strength Training

Also included in both Morning and Evening prayer is a daily reading from the Proverbs which I have called the Daily Sage Intake. If you are using the Jesus Moment website there is a link provided that will take you to the Daily Sage Intake page. There is also a list of the readings

located on page 84. When you finish reading the Proverbs, you should also say the Gloria Patria.

The chapter of Proverbs of the day is said. At the end of the chapter of Proverbs is said

Glory 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.

In much the same way that the Psalms help us develop and season (psalt) our prayer lives, the Proverbs help to develop the way that we live out our life “in Christ” in a fallen world on a broken planet. The Proverbs give us wisdom and guidance as we try to live by doing the next right thing and help us to be “the light of the world”. The Daily Sage Intake includes a morning and evening reading of the Proverbs which will have you reading all 31 Proverbs, twice each month. Combined with the Daily Psalt Intake readings this will provide a strong foundation for your devotional life.

The Proverbs are usually short but rather intense sentences. They are sometimes arranged so that two sentences kind of illustrate each other. At other times they appear sort of randomly. What they all do, however, is to point out good and evil, giving us wisdom and helping us to live by choosing to do the next right thing!

Day 10 – Strength Training

We have introduced the importance of getting our Daily Psalt Intake and our Daily Sage Intake. Reading the Psalms and Proverbs for a few minutes in the morning and at night will provide a strong foundation for your devotional life. We also want to include in our Morning and Evening Prayer time, readings in the Old and New Testaments which we call our Daily Bread Intake. If you are using the Jesus Moment website there is a link provided that will take you to the Daily Bread Intake page. There is also a list of the readings located on pages 85-96.

The First Reading from the Old Testament

The readings are introduced by saying, the _____ verse of the _____ chapter of the Book of _____. After the reading, the reader says, Here ends the first reading.

The Second Reading from the New Testament or Psalms

The readings are introduced by saying, the _____ verse of the _____ chapter of the Book of _____. After the reading, the reader says, Here ends the second reading.

These are short readings in the morning and evening that will have you reading through the Old Testament once a year and the New Testament twice a year.

Luke 4:4

Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'"

Day 11 – Strength Training

In between the First and Second Bible readings during Morning Prayer you will read the "Te Deum". The Te Deum is an early Christian hymn of praise. It is called the Te Deum because its opening words in Latin are "Te Deum laudamus", which means "You are God: we praise You".

The following Hymn, Te Deum is said after the first reading

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 the 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.
The glorious company of apostles praises You.
The noble fellowship of prophets praises You.
The white-robed army of martyrs praises You.
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,
Eternal Son of the Father.
When You became man to set us free
You did not disdain the virgin's womb.
You overcame 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, sustain Your people,
Bought with the price of Your own blood,
And bring us with Your saints
To everlasting glory.

Day 12 – Strength Training

After the Second Bible reading during Morning Prayer you will read the verses from Luke 1:68-79 which are known as the “Song of Zechariah” or in liturgy speak “The Benedictus”. The Benedictus was the song of thanksgiving which Zechariah sang when his son, John the Baptist was born.

The Song of Zechariah (Luke 1:68-79), is said

68 “Praise be to the Lord, the God of Israel, because he has come and has redeemed his people.

69 He has raised up a horn of salvation for us in the house of his servant David

70 (as he said through his holy prophets of long ago),

71 salvation from our enemies and from the hand of all
who hate us—
72 to show mercy to our fathers and to remember his
holy covenant,
73 the oath he swore to our father Abraham:
74 to rescue us from the hand of our enemies, and to
enable us to serve him without fear
75 in holiness and righteousness before him all our
days.
76 And you, my child, will be called a prophet of the
Most High; for you will go on before the Lord to
prepare the way for him,
77 to give his people the knowledge of salvation
through the forgiveness of their sins,
78 because of the tender mercy of our God, by which
the rising sun will come to us from heaven
79 to shine on those living in darkness and in the
shadow of death, to guide our feet into the path of
peace.”

Day 13 – Strength Training

The Apostles’ Creed is the next element of Morning Prayer. A creed is a statement of belief, or a statement of faith that describes the beliefs shared by a religious community. The word “creed” is derived from the Latin “credo”, which means “I believe”. A creed is not meant to be comprehensive, but more of a summary of core beliefs.

The Apostles’ Creed is said by all standing

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried. *
On the third day He rose again.

He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy universal Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Apostles' Creed was written to deal with the false teaching of "Gnosticism" which denies that Jesus was truly Man. It is the oldest and most popular creed of the church and has influenced other creeds and confessions written throughout church history. The Apostles' Creed was not written by the apostles themselves, but is called the Apostles' Creed because it was the early church's attempt to give a summary of apostolic teaching. It provides a summary of the essentials of the Christian faith that all believers ought to affirm, meditate upon and attempt to live by.

The Apostles' Creed we have today is slightly different from the original creed. The creed was first known as the Old Roman Creed. It can be traced back in Greek to around 140 AD. It shows up in Latin around 390 AD. One of the differences between the Old Roman Creed and the Apostles' Creed we have today is the line "He descended into hell" which is placed right after "was crucified, dead, and buried". This line has been the source of some controversy since it was added to the creed somewhere around the middle of the third century. Did Jesus actually descend into hell?

The proof text for those who believe that Jesus actually descended into hell is 1 Peter 3:18-19:

1 Peter 3:18-19

18 Because Christ also suffered for sins once, the righteous for the unrighteous, that he might bring you to God; being put to death in the flesh, but made alive in the spirit; 19 in which he also went and preached to the spirits in prison,

They believe that He descends to hell to liberate those spirits who have been held in prison previous to His incarnation. His task in hell then is to liberate Old Testament saints.

1 Peter 3:19 leaves a lot of room for interpretation. Peter doesn't tell us who the spirits in prison are or where the prison is. The spirits in prison could be referring to lost people in this world. For this reason I have chosen to replace the line "He descended into hell" with an asterisk (*) in Vineyard Liturgy. Depending on where you stand on the issue, please feel free to include the line as you read, recite, and mediate on the Apostles' Creed.

Day 14- Strength Training

After the "Apostles' Creed" we continue with a series of prayers which include a short "preces" or versicle ("The Lord be with you") and response ("And also with you"), the "Kýrie, eléison", the Lord's Prayer and a concluding preces:

The Prayers follow

The Lord be with you.

And also with you.

Let us pray.

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

Lord show us Your mercy.
And grant us Your salvation.
Create in us clean hearts, O God.
And renew us by Your Holy Spirit.

The phrase “Kýrie, eléison” means Lord have mercy. It has been included in liturgies as far back as the 4th century.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

The prayer is both a petition and an offering of thanks. It is an acknowledgment of what God has done, what God is doing, and what He has promised to do. It has its roots in the following scriptures:

1 Chronicles 16:34 (NKJV)
34 Oh, give thanks to the LORD, for He is good! For His mercy endures forever.

Psalms 6:2 (NKJV)
2 Have mercy on me, O LORD, for I am weak; O LORD, heal me, for my bones are troubled.

The concept of the “Kýrie, eléison” is reflected in the Parable of the Publican in Luke 18:9-14:

Luke 18:9-14
9 He spoke also this parable to certain people who were convinced of their own righteousness, and who despised all others. 10 “Two men went up into the temple to pray; one was a Pharisee, and the other was a tax collector. 11 The Pharisee stood and prayed to himself like this: ‘God, I thank you, that I am not like the rest of men, extortionists, unrighteous, adulterers, or even like this tax collector. 12 I fast twice a week. I give tithes of all that I get.’ 13 But the tax collector, standing far away, wouldn’t even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful

to me, a sinner!’ 14 I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.”

Day 15 – Strength Training

Morning Prayer continues with the “Collects”.

Three Collects are said. The pastor or leader reads the Collect of the day which changes every week. The Collect for Peace and the Collect for Grace stay the same and are said by all those gathered

The Collect of the Day (located on pages 97-109)

The Second Collect, for Peace

O God, the author of peace and the lover of harmony, whom to know is eternal life and to serve is perfect freedom: defend us Your humble servants against all assaults of our enemies, that trusting in Your defense, we may not fear the power of any adversary; through the might of Jesus Christ our Lord. AMEN.

The Third Collect, for Grace

O Lord our heavenly Father, Almighty and Eternal God, we praise You for bringing us safely to the beginning of this day: defend us with Your mighty power, and grant that we fall into no sin, nor run into any kind of danger, but govern and guide us at all times, so that we may do what is right in Your sight; through Jesus Christ our Lord. AMEN.

In our Morning Prayer we include three collects. The Collect of the Day, which changes from Sunday to Sunday reflecting the readings and the liturgical season, the Second Collect, for Peace, and the Third Collect, for Grace.

Each collect follows a general pattern of organization, which includes an opening address to God the Father, Son, or Holy Spirit, a petition or request with a short description of the hopeful result, and a conclusion that includes a pleading and an amen. Collects are written as a single sentence, which often requires some creative punctuating.

The Collect for Purity is among the best known of the collects:

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden; Cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit, that we may perfectly love You, and worthily magnify Your holy name; through Christ our Lord. AMEN.

This is how it is organized into three major sections:

Part 1: Opening Address

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden;

Part 2: Petition

*Cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit, (request)
that we may perfectly love you and worthily magnify your holy name,
(hopeful result)*

Part 3: Conclusion

*through Christ our Lord (pleading)
Amen.*

Day 16 – Strength Training

Our Morning Prayer continues with a prayer of thanksgiving known as “A General Thanksgiving.” This prayer has been attributed to Edward Reynolds (1599-1676), the Bishop of Norwich. It was first included in the liturgy with the 1662 Book of Common Prayer.

This General Thanksgiving may be said by all those gathered along with the pastor or leader

Almighty God, Father of all mercies, we Your unworthy servants give You humble and hearty thanks for all Your goodness and loving kindness to us, and to all people. We bless You for our creation, preservation, and all the blessings of this life; but above all for Your boundless love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and the hope of glory. Give us, we pray, such a sense of all Your mercies that with truly thankful hearts we may declare Your praise, not only with our lips, but in our lives, by giving up ourselves to Your service, by walking before You in holiness and righteousness all our days, and in living by trying to do the next right thing; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be all honor and glory, for ever and ever. AMEN.

This prayer is a great reminder of how important it is for us to be thankful. Thankful people are happier people. Ungrateful people are unhappier people. They are focused on and consumed by what they don't have. Thankful people are focused on what they do have. And there is always something to be thankful for, no matter what is happening in our lives.

*1 Thessalonians 5:16-18
16 Rejoice always. 17 Pray without ceasing. 18 Give thanks in all circumstances, for this is God's will for you in Christ Jesus.*

His will is for us to be thankful in all circumstances, not for all circumstances. There is a big difference. When life is hard, in the midst of difficult circumstances, we stay thankful by remembering that God loves us and is for us and that we can trust Him. We are not thankful for the situation, we are thankful that God is ultimately bigger than the situation.

There is a great prayer of thanksgiving from King David in 1 Chronicles Chapter 29:

1 Chronicles 29:10-13

10 Therefore David blessed the LORD before all the assembly; and David said, "You are blessed, LORD, the God of Israel our father, forever and ever.

11 Yours, LORD, is the greatness, the power, the glory, the victory, and the majesty! For all that is in the heavens and in the earth is yours. Yours is the kingdom, LORD, and you are exalted as head above all. 12 Both riches and honor come from you, and you rule over all! In your hand is power and might! It is in your hand to make great, and to give strength to all!

13 Now therefore, our God, we thank you, and praise your glorious name.

Remember to start everyday by being thankful for five things.

Day 17 – Strength Training

At this stage in our Morning Prayer I like to take some time for journaling, personal prayer and reflection. I want to introduce to you today, the Disciple's Heart Primer, which is a tool I developed to help in connecting with God in our daily lives.

The Disciple's Heart Morning Primer may be used [here](#)

The Disciple's Heart Primer is based on Matthew 22:37-40:

Matthew 22:37-40

37 Jesus replied: "‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ 38 This is the first and greatest commandment. 39 And the second is like it: ‘Love your neighbor as yourself.’ 40 All the Law and the Prophets hang on these two commandments."

The Disciple's Heart Primer is broken into seven sections, the first three are about loving God, the second three are about loving our neighbors, and the last one is about loving ourselves. The primer is fully operational and available to you on the Jesus Moment website on the Daily Cardio Training page. There are links for both the morning and evening primer. The morning primer will take you through the first six sections in about 10 minutes. Take time to reflect, pray and journal in each section.

1. Get Focused – What's going on today?

Hebrews 10:19-25

19 Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unswervingly to the hope we profess, for he who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds. 25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

In this section, take a few minutes to write down all of the thoughts and ideas that are running through your brain. This will help you to clear out some of the clutter in your mind and allow you to focus a little more clearly on just spending time with Lord.

2. Get Thankful – List at least five things you are thankful for.

Philippians 4:4-8

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

In this section, take some time to get your perspective right by writing down at least five things you are thankful for. This is a life changing discipline that every believer will benefit from in their morning devotional time.

3. Get Connected – Your prayer focus, requests, impressions, etc.

Matthew 6:9-13

9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done on earth as it is in heaven. 11 Give us today our daily bread. 12 Forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.’

In this section I recommend that you take time to pray and journal through the Lord’s Prayer one verse at a time.

4. Get Dressed – Your current spiritual / relational / emotional battles.

Ephesians 6:12-18

12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

In this section I suggest that you take time to remember where the battle really lies and the importance of staying present in the presence of God.

5. Get Encouraging – The people you are going to encourage, bless, and pray for today.

1 Corinthians 13:4-8

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres. 8 Love never fails.

In this section you should take some time to ask God for a couple of people that you can encourage today and also for some divine appointments to encourage even more.

6. Git r Done – Live as a Disciple today by trying to do the Next Right Thing!

Matthew 6:33

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 7:12

12 So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Hebrews 12:1-3

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. 2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

1 Kings 19:11-12

11 The LORD said, “Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. 12 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

I like to meditate on these verses before I head out for the day. Then I recommend that you take a few moments and listen for anything that the Lord might speak to you. If He does, right these things down.

You can read more about the Disciple's Heart Primer in the book "Daily Cardio Training" which should be available in 2015.

Day 18 – Strength Training

A Prayer of Saint Chrysostom is the next element in Morning Prayer.

A Prayer of St. Chrysostom is said by all those gathered along with the pastor or leader

Almighty God, You have given us grace in our time of need to bring before You our common requests; and promise that when two or three are gathered together in Your name You will grant their requests; fulfill now, Lord, the desires and petitions of Your servants in ways that are most suitable for them; granting us in this world knowledge of Your truth, and in the world to come life everlasting. AMEN.

Saint John Chrysostom was born in Antioch about 347. He was considered to be an excellent speaker/preacher and was given the nickname Chrysostom which means "golden-mouthed" in Greek. Saint Chrysostom is also attributed with the following quote about prayer:

Prayer is a rich treasure, a wealth that is never exhausted, an undisturbed refuge, a cause of tranquility, the root of a multitude of blessings and their source.



Day 19 – Strength Training

The Doxology is the next element of Morning Prayer.

The Doxology may be sung by all those gathered along with the pastor or leader

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. AMEN.

In general, the term doxology can be applied to any short hymn of praise. For example, the Gloria Patri, (*Glory 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.*) is a type of doxology. The term is derived from the Greek doxologia, “praise or glory,” which is a compound of doxa, “glory,” and logos, “a speaking.”

The Doxology that we have included in our Vineyard Evensong is also known as the Common Doxology. It was written in 1674 by Anglican Bishop Thomas Ken and was actually the final verse of two different hymns, “Awake, My Soul, and With the Sun” and “All Praise to Thee, My God, This Night” which were written for the morning and evening worship services at Winchester College.

I want to share the verses of the hymns with you. I believe that seeing the Common Doxology in the context of the entire hymn adds even more to its impact.

Awake, My Soul, and With the Sun

*Awake, my soul, and with the sun
Thy daily stage of duty run;
Shake off dull sloth, and joyful rise,
To pay thy morning sacrifice.*

*Thy precious time misspent, redeem,
Each present day thy last esteem,
Improve thy talent with due care;
For the great day thyself prepare.*

*By influence of the Light divine
Let thy own light to others shine.
Reflect all Heaven's propitious ways
In ardent love, and cheerful praise.*

*In conversation be sincere;
Keep conscience as the noontide clear;
Think how all seeing God thy ways
And all thy secret thoughts surveys.*

*Wake, and lift up thyself, my heart,
And with the angels bear thy part,
Who all night long unwearied sing
High praise to the eternal King.*

*All praise to Thee, who safe has kept
And hast refreshed me while I slept
Grant, Lord, when I from death shall wake
I may of endless light partake.*

*Heav'n is, dear Lord, where'er Thou art,
O never then from me depart;
For to my soul 'tis hell to be
But for one moment void of Thee.*

*Lord, I my vows to Thee renew;
Disperse my sins as morning dew.
Guard my first springs of thought and will,
And with Thyself my spirit fill.*

*Direct, control, suggest, this day,
All I design, or do, or say,
That all my powers, with all their might,
In Thy sole glory may unite.*

*I would not wake nor rise again
And Heaven itself I would disdain,
Wert Thou not there to be enjoyed,
And I in hymns to be employed.*

*Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.*

“All Praise to Thee, My God, This Night”

*All praise to Thee, my God, this night,
For all the blessings of the light!
Keep me, O keep me, King of kings,
Beneath Thine own almighty wings.*

*Forgive me, Lord, for Thy dear Son,
The ill that I this day have done,
That with the world, myself, and Thee,
I, ere I sleep, at peace may be.*

*Teach me to live, that I may dread
The grave as little as my bed.
Teach me to die, that so I may
Rise glorious at the judgment day.*

*O may my soul on Thee repose,
And with sweet sleep mine eyelids close,
Sleep that may me more vigorous make
To serve my God when I awake.*

*When in the night I sleepless lie,
My soul with heavenly thoughts supply;
Let no ill dreams disturb my rest,
No powers of darkness me molest.*

*O when shall I, in endless day,
For ever chase dark sleep away,
And hymns divine with angels sing,
All praise to thee, eternal King?*

*Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost.*

Day 20 – Strength Training

“The Grace” appears at the end of both Morning and Evening Prayer.

The Grace is said by the pastor or leader

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. **AMEN.** 2 Corinthians 13:14.

“The Grace” is Paul’s farewell closing to the church in Corinth. The blessing includes all three members of the Trinity: Father (God), Son (Lord Jesus Christ), and Holy Spirit. It is a reminder that real, full and abundant, now and forever life is experienced through knowing God’s grace, love, and fellowship. I like this verse in the Message paraphrase:

2 Corinthians 13:14 (MSG)

14 The amazing grace of the Master, Jesus Christ, the extravagant love of God, the intimate friendship of the Holy Spirit, be with all of you.



Evening Prayer

Evening Prayer is wonderful for use in a private devotional setting, but we encourage you to gather with others as often as you can and enjoy this time of prayer in community. Whenever possible, start with a short time of worship in song before beginning the Evening Prayer.

The pastor or leader should stand to begin Evening Prayer, while those gathered may be seated.

The pastor or leader will read aloud the opening sentence of Scripture

Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. John 4:23

The pastor or leader says

Let us humbly confess our sins to Almighty God.

This general Confession is said by all those gathered along with the pastor or leader

Almighty and most merciful Father, we have erred and strayed from Your ways like lost sheep. We have followed too much the evil inclinations and desires of our own hearts. We have broken Your holy laws. We have left undone what we ought to have done, and we have done what we ought not to have done, and there is no wholeness in us. Lord, have mercy on us broken sinners. Spare those, O God, who confess their faults. Restore those who truly repent, as You have promised through Jesus Christ our Lord. And grant, merciful Father, for His sake, that we may live a godly, righteous and abundant life, to the praise of Your holy name. AMEN.

A short period of silence may be kept. Then the pastor or leader says

Merciful God, grant to Your faithful people pardon and peace; that we may be cleansed from all our sins and serve You with a quiet mind; through Jesus Christ our Lord. AMEN.

All those gathered stand and everyone says the Lord's Prayer

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

The pastor or leader along with all those gathered, remain standing and say or sing

Open our lips, O Lord.
And our mouths shall declare Your praise. (2x)

O God, make speed to save us.
O Lord, make haste to help us. (2x)

Glory 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.

Let us praise the Lord.
The Lord's Name be praised.

The Phos Hilaron may be said or sung

O joyful light,
from the pure glory of the eternal heavenly Father,
O holy, blessed Jesus Christ.

As we come to the setting of the sun
and see the evening light,
we praise God the Father, God the Son, and God the Holy Spirit.

Worthy are You at all times
to be praised with holy voices,

O Son of God, O giver of life,
and to be glorified in all the world

All those gathered may be seated, the pastor or leader may sit or stand

The Psalm or Psalms of the day are said or sung. At the end of each Psalm is said

*Glory 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 chapter of Proverbs of the day is said. At the end of the chapter of
Proverbs is said*

*Glory 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 First Reading from the Old Testament

*The readings are introduced by saying, the _____ verse of the _____
chapter of the Book of _____. After the reading, the reader says, Here
ends the first reading.*

The Song of Mary (Luke 1:46-55), is said after the first reading

46 And Mary said: "My soul glorifies the Lord
47 and my spirit rejoices in God my Savior,
48 for he has been mindful of the humble state of his servant. From
now on all generations will call me blessed,
49 for the Mighty One has done great things for me— holy is his name.
50 His mercy extends to those who fear him, from generation to
generation.
51 He has performed mighty deeds with his arm; he has scattered
those who are proud in their inmost thoughts.
52 He has brought down rulers from their thrones but has lifted up the
humble.
53 He has filled the hungry with good things but has sent the rich

away empty.

54 He has helped his servant Israel, remembering to be merciful
55 to Abraham and his descendants forever, even as he said to our
fathers.”

Glory 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 Second Reading from the New Testament or Psalms

*The readings are introduced by saying, the _____ verse of the _____
chapter of the Book of _____. After the reading, the reader says, Here
ends the second reading.*

The Song of Simeon (Luke 2:29-32), is said after the second reading

29 “Sovereign Lord, as you have promised, you now dismiss your
servant in peace.

30 For my eyes have seen your salvation,

31 which you have prepared in the sight of all people,

32 a light for revelation to the Gentiles and for glory to your people
Israel.”

Glory 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 Nicene Creed is said by all standing

I believe in one God, the Father Almighty, maker of heaven and earth,
and of all things visible and invisible.

I believe in one Lord Jesus Christ, the only Son of God, begotten of the
Father before all ages, God from God, Light of Light, true God from
true God, begotten, not made, of one Being with the Father; through
Him all things were made. For us and for our salvation, He came down
from heaven, and was incarnate from the Holy Spirit and the Virgin
Mary, and was made man. For our sake He was crucified under Pontius
Pilate; He suffered death and was buried. On the third day He rose again
in accordance with the Scriptures; He ascended into heaven and is

seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets.

I believe in one, holy, universal, and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come. AMEN.

The Prayers follow

The Lord be with you.
And also with you.

Let us pray.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

Lord show us Your mercy.
And grant us Your salvation.

Create in us clean hearts, O God.
And renew us by Your Holy Spirit.

Three Collects are said. The pastor or leader reads the Collect of the day which changes every week. The Collect for Peace and the Collect for Aid against all Perils stay the same and are said by all those gathered

The Collect of the Day

The Second Collect, for Peace

O God, the author of all holy desires, all good purposes, and all just works: grant to us Your servants the peace which passes understanding, so that we, living by trying to do the next right thing, and being delivered from the fear of our enemies, may live in rest and quietness; through the merits of Jesus Christ our Savior. AMEN.

The Third Collect, for Aid against all Perils

Lighten our darkness, Lord, we pray: and in Your great mercy defend us from all peril and danger this night; for the love of Your only Son our Savior Jesus Christ. AMEN.

This General Thanksgiving may be said by all those gathered along with the pastor or leader

Almighty God, Father of all mercies, we Your unworthy servants give You humble and hearty thanks for all Your goodness and loving kindness to us, and to all people. We bless You for our creation, preservation, and all the blessings of this life; but above all for Your boundless love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and the hope of glory. Give us, we pray, such a sense of all Your mercies that with truly thankful hearts we may declare Your praise, not only with our lips, but in our lives, by giving up ourselves to Your service, by walking before You in holiness and righteousness all our days, and in living by trying to do the next right thing; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be all honor and glory, for ever and ever. AMEN.

The Disciple's Heart Evening Primer may be used here

The pastor or leader may include a time of spontaneous prayers here.

A Prayer of St. Chrysostom is said by all those gathered along with the pastor or leader

Almighty God, You have given us grace in our time of need to bring before You our common requests; and promise that when two or three

are gathered together in Your name You will grant their requests; fulfill now, Lord, the desires and petitions of Your servants in ways that are most suitable for them; granting us in this world knowledge of Your truth, and in the world to come life everlasting. AMEN.

The Doxology may be sung by all those gathered along with the pastor or leader

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. AMEN.

The Grace is said by the pastor or leader

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. AMEN. 2 Corinthians 13:14.

Day 21 – Strength Training

As we begin our look at Evening Prayer, you will notice that Morning and Evening prayer share a lot of the same elements. Since we have already highlighted the shared elements in our earlier discussions, we will turn our focus to the elements that are unique to Evening Prayer. Evening Prayer begins with its own Opening Sentence of Scripture, which for us is John 4:23:

The pastor or leader will read aloud the opening sentence of Scripture

Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks.
John 4:23

This verse is recorded in an encounter that Jesus has with a Samaritan woman at a well. The encounter is significant in the way that it highlights the heart of worship.

The woman at the well was a Samaritan. The Samaritans were a group of people that had been outcast by the religious community. She was also an outcast in her own community. She came by herself to draw water from the well. In biblical lands drawing water and chatting at the well was considered the social highpoint of a woman's day. Let's look at a few of the verses leading up to our Opening Sentence of Scripture:

John 4:4-6

4 He needed to pass through Samaria. 5 So he came to a city of Samaria, called Sychar, near the parcel of ground that Jacob gave to his son, Joseph. 6 Jacob's well was there. Jesus therefore, being tired from his journey, sat down by the well. It was about the sixth hour.

Verse 4 is interesting. Jesus needed to go through Samaria. Jewish people had such a dislike for the Samaritans that they would not travel through Samaria. They would go around it. Not Jesus. He went through it. Why? He went for one more. It was His mission. Luke 19:10 says, "For the Son of Man came to seek and to save that which was lost." Jesus came to seek and save what was lost. He was called to seek and save people like this woman at the well. Jesus needed to pass through Samaria because he knew that there was a divine appointment waiting. This encounter is an incredible display of His love and amazing grace.

John 4:7-10

7 A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." 8 For his disciples had gone away into the city to buy food. 9 The Samaritan woman therefore said to him, "How is it that you, being a Jew, ask for a drink from me, a Samaritan woman?" (For Jews have no dealings with Samaritans.) 10 Jesus answered her, "If you knew the gift of God, and who it is who says to you, 'Give me a

drink,' you would have asked him, and he would have given you living water."

If you only knew the gift of God, (living water, eternal life, grace) and that all you need to do is ask and He will give it. Jesus is telling this woman that God's dealings with humanity are on the basis of grace. Our relationship with God is not about what we do, but on what God is willing to do for us.

Jesus, knowing all about this woman's life and sin, says to her, all you need to do is ask and I will give you life. That is amazing love and grace. And then the conversation continues on and Jesus talks to her about worshipers.

John 4:21-24

21 Jesus said to her, "Woman, believe me, the hour comes, when neither in this mountain, nor in Jerusalem, will you worship the Father. 22 You worship that which you don't know. We worship that which we know; for salvation is from the Jews. 23 Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. 24 God is spirit, and those who worship him must worship in spirit and truth."

The woman at the well was well aware that she was a sinner. It is why she went alone to draw water from the well. Jesus doesn't point a finger at her or condemn her, He talks to her about worshipers. Why? Even though she was a sinner, she needed to see herself as a person of worth and value in the Lord's eyes. Jesus loved her, just as He loves you and me. We are all broken sinners, in desperate need of His love, grace and mercy, and that realization should be at the heart of our worship, so that we might become true worshipers!



Day 22 – Strength Training

The “Phos Hilaron” is the next element of Evening Prayer.

The Phos Hilaron may be said or sung

O joyful light,
from the pure glory of the eternal heavenly Father,
O holy, blessed Jesus Christ.
As we come to the setting of the sun
and see the evening light,
we praise God the Father, God the Son, and God the
Holy Spirit.
Worthy are You at all times
to be praised with holy voices,
O Son of God, O giver of life,
and to be glorified in all the world.

“Phos Hilaron”, which was written in the late 3rd or early 4th century, is the earliest known Christian hymn recorded outside of the Bible that is still in use today. St. Basil the Great (329-379 AD) spoke of the singing of the “Phos Hilaron” as a cherished tradition of the church, the hymn already being well established in his life time. At that time (approximately 365 AD) the Christian Church in Jerusalem was forced to worship in the catacombs because of the strong persecution they were experiencing. A candle was kept burning in what was believed to be the tomb of Christ and was a symbol of the light of Christ that lives on. The church would gather in the evenings and sing the “Phos Hilaron” as the candle was brought out of the tomb to symbolize the “true light”.

John 1:1-9:

1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 The same was in the beginning with God. 3 All things were made through him. Without him was not anything made that has been made. 4 In him was life, and the life was the light of men. 5 The light shines in the darkness, and the

darkness hasn't overcome it. 6 There came a man, sent from God, whose name was John. 7 The same came as a witness, that he might testify about the light, that all might believe through him. 8 He was not the light, but was sent that he might testify about the light. 9 The true light that enlightens everyone was coming into the world.

The reading or singing of “Phos Hilaron” should serve as a poignant reminder that Jesus has come as the true light, and that we experience now and forever life in Him.

Day 23 – Strength Training

In between the First and Second Bible readings during Evening Prayer you will sing or read the “The Song of Mary”.

The Song of Mary (Luke 1:46-55), is said after the first reading

46 And Mary said: “My soul glorifies the Lord
47 and my spirit rejoices in God my Savior,
48 for he has been mindful of the humble state of his
servant. From now on all generations will call me
blessed,
49 for the Mighty One has done great things for me—
holy is his name.
50 His mercy extends to those who fear him, from
generation to generation.
51 He has performed mighty deeds with his arm; he
has scattered those who are proud in their inmost
thoughts.
52 He has brought down rulers from their thrones but
has lifted up the humble.
53 He has filled the hungry with good things but has
sent the rich away empty.
54 He has helped his servant Israel, remembering to be

merciful

55 to Abraham and his descendants forever, even as he said to our fathers.”

“The Song of Mary” is also known “The Magnificat”. It is named after the first word of its first line in Latin (“Magnificat anima mea Dominum,” or “My soul magnifies the Lord”). The text is taken directly from the Gospel of Luke (Luke 1:46-55) which is the account of an interaction between Mary and Elizabeth. Elizabeth is a relative of Mary and is also the wife of Zechariah and the mother-to-be of John the Baptist. When Mary greets Elizabeth (who is pregnant with the future John the Baptist), the child moves within Elizabeth’s womb. Elizabeth then praises Mary for her faith and Mary sings what is now known as the Magnificat in response.

Day 24 – Strength Training

After the Second Bible reading during Evening Prayer you will read the passage from Luke 2:29-32 which is known as the “Song of Simeon” or the “Nunc Dimittis”.

The Song of Simeon (Luke 2:29-32), is said after the second reading

29 “Sovereign Lord, as you have promised, you now dismiss your servant in peace.

30 For my eyes have seen your salvation,

31 which you have prepared in the sight of all people,

32 a light for revelation to the Gentiles and for glory to your people Israel.”

Glory 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 “Nunc Dimittis” is named after its first words in Latin, meaning ‘Now you dismiss’. These verses record the account of Simeon who had been promised by the Holy Spirit that he would not die until he had

seen the Messiah. When Mary and Joseph brought the baby Jesus to the Temple in Jerusalem for the Jewish rite of purification, Simeon was there. Simeon recognized Jesus as the promised Messiah, took him in his arms and sang these verses as a hymn of praise.

Day 25 – Strength Training

We have included the Nicene Creed in our Evening Prayer. Like the Apostles' Creed, the Nicene Creed was written to deal with false teachings that had risen in the early church. A creed is a summary statement of belief or faith that describes the beliefs shared by a religious community.

The Nicene Creed is said by all standing

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible.

I believe in one Lord Jesus Christ, the only Son of God, begotten of the Father before all ages, God from God, Light of Light, true God from true God, begotten, not made, of one Being with the Father; through Him all things were made. For us and for our salvation, He came down from heaven, and was incarnate from the Holy Spirit and the Virgin Mary, and was made man. For our sake He was crucified under Pontius Pilate; He suffered death and was buried. On the third day He rose again in accordance with the Scriptures; He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets.

I believe in one, holy, universal, and apostolic Church.
I acknowledge one baptism for the forgiveness of sins.
I look for the resurrection of the dead, and the life of
the world to come. AMEN.

The Nicene Creed can be traced back to the First Council of Nicea in 325 AD. This council was convened by Constantine to deal with a theological issue in the church concerning the deity of Jesus Christ. Arius, who was a presbyter in the church in Alexandria, believed and taught that Jesus was created by God before the beginning of time and therefore inferior to God the Father. This teaching is known as “Arianism” and it is conflict with traditional Trinitarian doctrine. “Arianism” denies that Jesus was truly God. Arius was opposed by the bishop Alexander and his associate and successor, Athanasius. They affirmed that the divinity of Christ, the Son, is of the same substance as the divinity of God, the Father. To believe otherwise opens the doors to polytheism and implies that the knowledge of God in Christ was not final knowledge of God.

A creed reflecting the position of Alexander and Athanasius was written and signed by a majority of the bishops at the council in 325 AD. The controversy continued for some years until a second council was convened in 381 AD in Constantinople. This council adopted a revised and expanded form of the 325 AD creed, which is now known as the Nicene Creed.

Day 26 – Strength Training

In Evening Prayer we include the Collect of the Day along with the Collect for peace and the Collect for Aid against All Perils.

Three Collects are said. The pastor or leader reads the Collect of the day which changes every week. The Collect for Peace and the Collect for Aid against all Perils stay the same and are said by all those gathered

The Collect of the Day (located on pages 97-109)

The Second Collect, for Peace

O God, the author of all holy desires, all good purposes, and all just works: grant to us Your servants the peace which passes understanding, so that we, living by trying to do the next right thing, and being delivered from the fear of our enemies, may live in rest and quietness; through the merits of Jesus Christ our Savior. AMEN.

The Third Collect, for Aid against all Perils

Lighten our darkness, Lord, we pray: and in Your great mercy defend us from all peril and danger this night; for the love of Your only Son our Savior Jesus Christ. AMEN.

Day 27 – Strength Training

There is also an evening version of the Disciple’s Heart Primer which is included in Evening Prayer. The evening Disciple’s Heart Primer allows for a time to reflect on and learn from the events of the day. This reflection consists of a review of Hebrews 12:1-3 and then utilizing the Examen of Consciousness.

The Disciple’s Heart Evening Primer may be used [here](#)

7. Git r Done? Throughout the day and at the end of the day reflect on how you did as a disciple for the day.

Think about your victories, failures, spiritual insights, Bible reading, opportunities to pray for people, Kingdom breakthroughs, etc.

Hebrews 12:1-3

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us

run with perseverance the race marked out for us. 2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

The Examen of Consciousness was taught by Ignatius of Loyola (1491-1556). He believed it helped people align with God's will and look for God in all things, including nature, scripture, and one's own heart. He encouraged people to practice the Examen at the end of every day. It is a spiritual discipline that helps us to live by doing the next right thing by taking time at the end of every day to examine how the day went.

As we get started we remember that we are back in the throne room where we started our day with Jesus who is seated at the right hand of the throne of God.

Hebrews 12:2-3

2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

1. Settle your heart and mind in the presence of God

Hebrews 12:2-3

2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

There in the presence of God, in the Most Holy Place, start to reflect on the events of your day.

2. Reflect on the day with a thankful heart

1 Thessalonians 5:18

18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Take a few moments to give thanks for all of the ways that God has moved in your life throughout the day. Think about specific events that happened during the day that brought you moments of joy or peace. Remember that every single event has been a gift from God.

3. Invite the Holy Spirit to help

John 16:13

13 But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.

Ask Him to come and help you see how you did in “living by trying to do the next right” during the day. This is not a “beat up on yourself” session. It is a grace filled look at how you did as a disciple that day.

4. Run the tape of your day

2 Corinthians 13:5

5 Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?

Watch your day like a movie replaying in your mind. Look for the opportunities you embraced where the Kingdom of God broke through into the day impacting you and others. Consider where you missed opportunities to experience the full and abundant life of a disciple because of discouragement, distraction, selfishness, busyness.

5. Talk with God

Take some time to talk to God about your day. Thank Him for His ever presence and goodness in your life and for His amazing grace and mercy. Ask Him for help in any areas where change is appropriate.

Philippians 3:13-14

13 Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

The Serenity Prayer is a helpful way to conclude the Examen.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



Noonday Prayer

Noonday Prayer is a nice discipline to take up during your lunch hour. It will usually be said as a short private devotion to help you keep your focus on the Lord in the midst of what are often very chaotic and busy lives. However, we have included rubrics for a group setting in the hopes that you might connect with a group who would like to enjoy the Noonday prayer in community.

The pastor or leader will read aloud the opening sentence of Scripture

You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being. Revelation 4:11

All those gathered stand and everyone says the Lord's Prayer

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

The pastor or leader along with all those gathered, remain standing and say or sing

Open our lips, O Lord.
And our mouths shall declare Your praise. (2x)

O God, make speed to save us.
O Lord, make haste to help us. (2x)

Glory 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.

Let us praise the Lord.
The Lord's Name be praised.

All those gathered may be seated, the pastor or leader may sit or stand

The pastor or leader reads aloud the Shema (Deuteronomy 6:4-9)

4 Hear, O Israel: The LORD our God, the LORD is one.

5 Love the LORD your God with all your heart and with all your soul and with all your strength.

6 These commandments that I give you today are to be upon your hearts.

7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

8 Tie them as symbols on your hands and bind them on your foreheads.

9 Write them on the doorframes of your houses and on your gates.

The pastor or leader reads aloud the Ten Commandments (Exodus 20:1-17); and in response the people ask God's mercy for their transgressions against the Law, and for grace to keep God's laws in the future

1 And God spoke all these words:

2 "I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

3 "You shall have no other gods before me.

Lord, have mercy on us, and give us grace to help us in our time of need.

4 "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.

5 You shall not bow down to them or worship them;

Lord, have mercy on us, and give us grace to help us in our time of need.

7 "You shall not misuse the name of the LORD your God,

Lord, have mercy on us, and give us grace to help us in our time of need.

8 “Remember the Sabbath day by keeping it holy.

Lord, have mercy on us, and give us grace to help us in our time of need.

12 “Honor your father and your mother,

Lord, have mercy on us, and give us grace to help us in our time of need.

13 “You shall not murder.

Lord, have mercy on us, and give us grace to help us in our time of need.

14 “You shall not commit adultery.

Lord, have mercy on us, and give us grace to help us in our time of need.

15 “You shall not steal.

Lord, have mercy on us, and give us grace to help us in our time of need.

16 “You shall not give false testimony against your neighbor.

Lord, have mercy on us, and give us grace to help us in our time of need.

17 “You shall not covet...

Lord, have mercy on us, and write these Your laws in our hearts.

The pastor or leader reads Jesus summary of the Law (Matthew 22:37b-40); and in response the people ask God’s mercy for their transgressions against the Law, and for grace to keep God’s laws in the future

37 “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’

38 This is the first and greatest commandment.

39 And the second is like it: ‘Love your neighbor as yourself.’

40 All the Law and the Prophets hang on these two commandments.”

Lord, have mercy on us, and write these Your laws in our hearts.

The Nicene Creed is said by all standing

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible.

I believe in one Lord Jesus Christ, the only Son of God, begotten of the Father before all ages, God from God, Light of Light, true God from true God, begotten, not made, of one Being with the Father; through Him all things were made. For us and for our salvation, He came down from heaven, and was incarnate from the Holy Spirit and the Virgin Mary, and was made man. For our sake He was crucified under Pontius Pilate; He suffered death and was buried. On the third day He rose again in accordance with the Scriptures; He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets.

I believe in one, holy, universal, and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I look for the resurrection of the dead, and the life of the world to come. AMEN.

The Prayers follow

The Lord be with you.
And also with you.

Let us pray.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

Lord show us Your mercy.
And grant us Your salvation.

Create in us clean hearts, O God.
And renew us by Your Holy Spirit.

The Collect of the day is said

This General Thanksgiving may be said by all those gathered along with the pastor or leader

Almighty God, Father of all mercies, we Your unworthy servants give You humble and hearty thanks for all Your goodness and loving kindness to us, and to all people. We bless You for our creation, preservation, and all the blessings of this life; but above all for Your boundless love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and the hope of glory. Give us, we pray, such a sense of all Your mercies that with truly thankful hearts we may declare Your praise, not only with our lips, but in our lives, by giving up ourselves to Your service, by walking before You in holiness and righteousness all our days, and in living by trying to do the next right thing; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be all honor and glory, for ever and ever. AMEN.

A Prayer of St. Chrysostom is said by all those gathered along with the pastor or leader

Almighty God, You have given us grace in our time of need to bring before You our common requests; and promise that when two or three are gathered together in Your name You will grant their requests; fulfill now, Lord, the desires and petitions of Your servants in ways that are most suitable for them; granting us in this world knowledge of Your truth, and in the world to come life everlasting. AMEN.

The Doxology may be sung by all those gathered along with the pastor or leader

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;

Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. AMEN.

The Grace is said by the pastor or leader

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. AMEN. 2 Corinthians 13:14.

Day 28 – Strength Training

Noonday Prayer is a nice discipline to take up during your lunch hour. It will usually be said as a short private devotion to help you keep your focus on the Lord in the midst of what are often very chaotic and busy lives. However, we have included rubrics for a group setting in the hopes that you might connect with a group who would like to enjoy the Noonday prayer in community. During Noonday Prayer you will see many elements that we have discussed in Morning and Evening Prayer. There are some new elements that we will discuss here. Noonday Prayer has its own opening sentence of Scripture:

The pastor or leader will read aloud the opening sentence of Scripture

You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.

Revelation 4:11

Also included during Noonday Prayer are the Shema, the Ten Commandments, and the Summary of the Law.

The pastor or leader reads aloud the Shema (Deuteronomy 6:4-9)

4 Hear, O Israel: The LORD our God, the LORD is one.
5 Love the LORD your God with all your heart and with all your soul and with all your strength.

6 These commandments that I give you today are to be upon your hearts.

7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

8 Tie them as symbols on your hands and bind them on your foreheads.

9 Write them on the doorframes of your houses and on your gates.

The pastor or leader reads aloud the Ten Commandments (Exodus 20:1-17); and in response the people ask God's mercy for their transgressions against the Law, and for grace to keep God's laws in the future

1 And God spoke all these words:

2 "I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

3 "You shall have no other gods before me.

Lord, have mercy on us, and give us grace to help us in our time of need.

4 "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.

5 You shall not bow down to them or worship them;

Lord, have mercy on us, and give us grace to help us in our time of need.

7 "You shall not misuse the name of the LORD your God.

Lord, have mercy on us, and give us grace to help us in our time of need.

8 "Remember the Sabbath day by keeping it holy.

Lord, have mercy on us, and give us grace to help us in our time of need.

12 “Honor your father and your mother,
Lord, have mercy on us, and give us grace to help us in
our time of need.

13 “You shall not murder.
Lord, have mercy on us, and give us grace to help us in
our time of need.

14 “You shall not commit adultery.
Lord, have mercy on us, and give us grace to help us in
our time of need.

15 “You shall not steal.
Lord, have mercy on us, and give us grace to help us in
our time of need.

16 “You shall not give false testimony against your
neighbor.
Lord, have mercy on us, and give us grace to help us in
our time of need.

17 “You shall not covet...
Lord, have mercy on us, and write these Your laws in
our hearts.

*The pastor or leader reads Jesus summary of the Law
(Matthew 22:37b-40); and in response the people ask
God’s mercy for their transgressions against the Law,
and for grace to keep God’s laws in the future*

37 “‘Love the Lord your God with all your heart and
with all your soul and with all your mind.’

38 This is the first and greatest commandment.

39 And the second is like it: ‘Love your neighbor as
yourself.’

40 All the Law and the Prophets hang on these two
commandments.”

Lord, have mercy on us, and write these Your laws in
our hearts.

Compline

Compline is a wonderful prayer to be used just before bed at the end of the day. It can be said alone or with your family.

The leader begins

The Lord almighty grant us a quiet night and a perfect end. **AMEN.**

The leader then says (1 John 1:9)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

The leader says

Let us humbly confess our sins to Almighty God.

This general Confession is said by all those gathered along with the leader

Almighty and most merciful Father, we have erred and strayed from Your ways like lost sheep. We have followed too much the evil inclinations and desires of our own hearts. We have broken Your holy laws. We have left undone what we ought to have done, and we have done what we ought not to have done, and there is no wholeness in us. Lord, have mercy on us broken sinners. Spare those, O God, who confess their faults. Restore those who truly repent, as You have promised through Jesus Christ our Lord. And grant, merciful Father, for His sake, that we may live a godly, righteous and abundant life, to the praise of Your holy name. **AMEN.**

A short period of silence may be kept. Then the leader says

Merciful God, grant to Your faithful people pardon and peace; that we may be cleansed from all our sins and serve You with a quiet mind; through Jesus Christ our Lord. **AMEN.**

The leader says

Our help is in the name of the Lord,
who made heaven and earth.

Glory 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.

*One or more of the following Psalms are said or sung. At the end of
each Psalm is said*

*Glory 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.*

Psalm 4:1-8

1 Answer me when I call to you, O my righteous God. Give me relief
from my distress; be merciful to me and hear my prayer.

2 How long, O men, will you turn my glory into shame? How long
will you love delusions and seek false gods? *Selah.*

3 Know that the LORD has set apart the godly for himself; the LORD
will hear when I call to him.

4 In your anger do not sin; when you are on your beds, search your
hearts and be silent. *Selah.*

5 Offer right sacrifices and trust in the LORD.

6 Many are asking, "Who can show us any good?" Let the light of
your face shine upon us, O LORD.

7 You have filled my heart with greater joy than when their grain and
new wine abound.

8 I will lie down and sleep in peace, for you alone, O LORD, make
me dwell in safety.

Psalm 31:1-5

1 In you, O LORD, I have taken refuge; let me never be put to shame;
deliver me in your righteousness.

2 Turn your ear to me, come quickly to my rescue; be my rock of

refuge, a strong fortress to save me.

3 Since you are my rock and my fortress, for the sake of your name lead and guide me.

4 Free me from the trap that is set for me, for you are my refuge.

5 Into your hands I commit my spirit; redeem me, O LORD, the God of truth.

Psalms 91:1-16

1 He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

3 Surely he will save you from the fowler's snare and from the deadly pestilence.

4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

5 You will not fear the terror of night, nor the arrow that flies by day,

6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

8 You will only observe with your eyes and see the punishment of the wicked.

9 If you make the Most High your dwelling— even the LORD, who is my refuge—

10 then no harm will befall you, no disaster will come near your tent.

11 For he will command his angels concerning you to guard you in all your ways;

12 they will lift you up in their hands, so that you will not strike your foot against a stone.

13 You will tread upon the lion and the cobra; you will trample the great lion and the serpent.

14 "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.

15 He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

16 With long life will I satisfy him and show him my salvation."

Psalm 134:1-3

1 Praise the LORD, all you servants of the LORD who minister by night in the house of the LORD.

2 Lift up your hands in the sanctuary and praise the LORD.

3 May the LORD, the Maker of heaven and earth, bless you from Zion.

Glory 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.

Into Your hands, Lord, I commend my spirit.
You have redeemed us, Lord, God of truth.

A song to the Lord may be sung here.

Keep me as the apple of Your eye
Hide me under the shadow of Your wing.

Save us, O Lord, while waking, and guard us while sleeping, that while we are awake we may watch with Christ, and when we sleep may rest in peace.

The Song of Simeon is said or sung (Luke 2:29-32)

29 “Sovereign Lord, as you have promised, you now dismiss your servant in peace.

30 For my eyes have seen your salvation,

31 which you have prepared in the sight of all people,

32 a light for revelation to the Gentiles and for glory to your people Israel.”

Glory 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.

Save us, O Lord, while waking, and guard us while sleeping, that while we are awake we may watch with Christ, and when we sleep we may rest in peace.

The Apostles' Creed is said by all

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried. *
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy universal Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers follow. The leader first says

The Lord be with you.
And also with you.

All kneel, and the leader continues

Let us pray.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

Lord, have mercy upon us;
And grant us Your salvation.

Lord, keep us this night without sin.
Lord have mercy upon us, have mercy upon us.

Lord, hear our prayer;
And let our cry to come to You.

The following Collect is said

Lighten our darkness, Lord, we pray: and in Your great mercy defend us from all perils and dangers of this night; for love of Your Son our Savior Jesus Christ. AMEN.

We will lie down and take our rest
For it is in You, Lord, only, that we dwell in safety.

Let us bless the Father, the Son, and the Holy Spirit.
Let us praise Him and magnify Him for ever.

The Doxology may be sung here

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. AMEN.

The almighty and most merciful God guard us and give us His blessing.
AMEN.

Day 29 – Strength Training

Compline is a wonderful prayer to be used just before bed at the end of the day. It can be said alone or with your family. During Compline you will see many elements that we have discussed in Morning and Evening Prayer. There are some new elements that we will discuss here. Compline has a different opening format than the other prayer exercises:

The leader begins

The Lord almighty grant us a quiet night and a perfect end. AMEN.

The leader then says (1 John 1:9)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

There are four Psalms included in Compline. One or more of the following Psalms are to be said or sung:

Psalm 4:1-8

Psalm 31:1-5

Psalm 91:1-16

Psalm 134:1-3

Compline also includes some great versicle and response, short prayers and a collect.

Into Your hands, Lord, I commend my spirit.
You have redeemed us, Lord, God of truth.

Keep me as the apple of Your eye
Hide me under the shadow of Your wing.

Save us, O Lord, while waking, and guard us while
sleeping, that while we are awake we may watch with
Christ, and when we sleep may rest in peace.

Lord, keep us this night without sin.
Lord have mercy upon us, have mercy upon us.

Lord, hear our prayer;
And let our cry to come to You.

Lighten our darkness, Lord, we pray: and in Your great
mercy defend us from all perils and dangers of this
night; for love of Your Son our Savior Jesus Christ.
AMEN.

We will lie down and take our rest
For it is in You, Lord, only, that we dwell in safety.

Let us bless the Father, the Son, and the Holy Spirit.
Let us praise Him and magnify Him for ever.

The almighty and most merciful God guard us and give
us His blessing. AMEN.



The Litany

The Litany is recommended for use on Sundays, Wednesdays, and Fridays and can be added to the Morning and Evening Prayers.

The Litany may be said or sung as a separate service instead of the Prayers at Morning or Evening Prayer.

When the Litany is used as a separate service, it may be preceded by a Psalm, one of the readings of the day, a short time of worship in song, and include a time for spontaneous prayers.

The pastor or leader should stand to begin the Litany, while those gathered may be seated

God the Father, Creator of heaven and earth,
Have mercy on us.

God the Son, Redeemer of the world,
Have mercy on us.

God the Holy Spirit, Giver of life,
Have mercy on us.

Holy, blessed, and glorious Trinity, three Persons and one God,
Have mercy on us.

Do not remember, Lord Christ, our sins or the sins of our parents;
spare us, good Lord; spare Your people, whom You have redeemed
with Your precious blood.
Spare us, good Lord.

From all evil and harm; from sin; from the schemes and assaults of
the evil one; the lust of the eyes, the lust of the flesh, and the pride of
life,
Good Lord, deliver us.

From all spiritual blindness; from pride, boasting, and hypocrisy;
from envy, hatred, and malice, and all failure to love others,
Good Lord, deliver us.

From all the deceits of the world, the flesh, and the evil one,
Good Lord, deliver us.

From lightning and storm; from earthquake, hurricane, fire, and flood;
from plague, disease, and famine,
Good Lord, deliver us.

From all false doctrine, heresy, and rebellion; from hardness of heart,
and contempt for Your Word and Commandments,
Good Lord, deliver us.

By the mystery of Your holy Incarnation; by Your holy birth; by Your
circumcision; by Your baptism, fasting, and temptation,
Good Lord, deliver us.

By Your agony and bloody sweat; by Your cross and passion; by
Your precious death and burial; by Your glorious resurrection and
ascension; and by the coming of the Holy Spirit,
Good Lord, deliver us.

In times of trouble and in times of prosperity; in the hour of death and
on the day of judgement,
Good Lord, deliver us.

Hear our prayers, O Lord our God.
Hear us good Lord.

Guide and govern Your holy Church, and fill it with Your love and
truth.
Hear us, good Lord.

Give Your Church boldness to preach the gospel in all the world, and
to make disciples of all the nations.
Hear us, good Lord.

Enlighten the minds of all pastors and other ministers with true knowledge and understanding of Your holy Word; that in their teaching and in their lives they may declare it clearly and show its truth.

Hear us, good Lord.

Bless and keep all Your people that they may walk in your rule and reign.

Hear us, good Lord.

Give us a disciple's heart to love and worship You, that we may live by trying to do the next right thing.

Hear us, good Lord.

Give to all Your people grace to hear and receive Your Word, and to bring forth the fruit of the Spirit.

Hear us, good Lord.

Bring into the way of truth all who have erred and are deceived.

Hear us, good Lord.

Strengthen those who stand; comfort and encourage the faint of heart; raise up those who fall; and finally beat down the evil one under our feet.

Hear us, good Lord.

Give to all nations unity, peace, and harmony; and give to everyone in Your world dignity, food, and shelter.

Hear us, good Lord.

Bless and protect, and give grace, wisdom and understanding to the President of the United States, the members of the Cabinet, the Congress, the Supreme Court, the Governor of this State, and all in authority.

Hear us, good Lord.

Bless and keep all judges and magistrates, giving them grace to administer justice with fairness and mercy and to maintain integrity

and truth.

Hear us, good Lord.

Bless and defend all who strive for our safety and protection, and shield them in all dangers and adversities.

Hear us, good Lord.

Grant us abundant harvests of the earth and the sea; strength and skill to conserve the resources of our planet; and wisdom to use them well and for the benefit of all.

Hear us, good Lord.

Enlighten with your Spirit all places of education and learning.

Hear us, good Lord.

Protect all who travel by land, water, or air, all women in labor, all sick persons and young children.

Hear us, good Lord.

Help and comfort the bereaved, the aged, and the lonely, and show Your pity on all prisoners, captives, and detainees.

Hear us, good Lord.

Defend and provide for the widowed and the fatherless, the refugees and the homeless, and all who are desolate and oppressed.

Hear us, good Lord.

Heal those who are sick in body, mind or spirit; and give skill and compassion to all who care for them.

Hear us, good Lord.

Come to the help all who are in danger, need or trouble.

Hear us, good Lord.

Have mercy on all people.

Hear us, good Lord.

Forgive our enemies, persecutors, and slanderers, and turn their hearts.

Hear us, good Lord.

Grant us true repentance; forgive our sin, negligence, and ignorance; and strengthen us by Your Holy Spirit to conform our lives according to Your holy Word.

Hear us, good Lord.

If the service of Holy Communion follows, the Litany may end here

Son of God, we pray that You hear us.

Son of God, we pray that You hear us.

Lamb of God, who takes away the sin of the world;

Have mercy on us and grant us Your peace

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

All those gathered stand and everyone says the Lord's Prayer

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 debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. AMEN.

O Lord, do not deal with us according to our sins.

Neither reward us according to our iniquities.

O God, our merciful Father, You do not despise the sighing of a contrite heart nor the desires of the sorrowful. In Your mercy teach and help us to pray in the midst of our troubles and adversities; and graciously hear us, so that by the providence of Your goodness they may be dispersed; that we Your servants, being hurt by no persecutions, may for ever give thanks to You in Your holy Church; through Jesus Christ our Lord. O Lord, arise, help, and deliver us for the sake of Your Name.

O God, we have heard with our ears, and our parents have told us, the wonderful works You did in their day, and in the old time before them.
O Lord, arise, help, and deliver us for the sake of Your honor.

Glory 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.

From our enemies defend us, O Christ.
Graciously look upon our afflictions.

Regard with compassion the sorrows of our hearts.
Mercifully forgive the sins of Your people.

Favorably with mercy hear our prayers.
Son of David, have mercy on us.

Both now and for ever be ready to hear us, Lord Christ.
Graciously hear us, O Lord Christ.

O Lord, show us Your mercy.
As we put our trust in You.

Gracious heavenly Father, in Your great mercy, look upon our weaknesses; and for the glory of Your Name turn from us all those evils that we have justly deserved; and grant that in our troubles we put our whole trust and confidence in You, and for ever serve You in holiness and purity of life, to Your honor and glory; through our only Mediator and Advocate, Jesus Christ our Lord. AMEN.

*The pastor or leader may include a time of spontaneous prayers here.
A Prayer of St. Chrysostom is said by all those gathered along with the pastor or leader*

Almighty God, You have given us grace in our time of need to bring before You our common requests; and promise that when two or three are gathered together in Your name You will grant their requests; fulfill now, Lord, the desires and petitions of Your servants in ways that are

most suitable for them; granting us in this world knowledge of Your truth, and in the world to come life everlasting. AMEN.

The Doxology may be sung by all those gathered along with the pastor or leader

Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host;
Praise Father, Son, and Holy Ghost. AMEN.

The Grace is said by the pastor or leader

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. AMEN. 2 Corinthians 13:14.

Day 30 – Strength Training

For a change of pace you may want to include the “Litany” from time to time as part of your Daily Strength Training. A litany is a form of prayer in which the pastor or leader makes petitions or supplications, and the congregation provides a set response. The Litany begins by petitioning each member of the Trinity for mercy and forgiveness of sins.

The Litany is recommended for use on Sundays, Wednesdays, and Fridays and can be added to the Morning and Evening Prayers.

The Litany may be said or sung as a separate service; instead of the Prayers at Morning or Evening Prayer or before The Holy Communion.

When the Litany is used as a separate service, it may be preceded by a Psalm, one of the readings of the day, a short time of worship in song, and include a time for spontaneous prayers.

God the Father, Creator of heaven and earth,
Have mercy on us.

God the Son, Redeemer of the world,
Have mercy on us.

God the Holy Spirit, Giver of life,
Have mercy on us.

Holy, blessed, and glorious Trinity, three Persons and
one God,
Have mercy on us.....

....The Litany continues with a series of petitions seeking protection, deliverance, traveling mercies, etc., and asking God to hear and answer all the petitions that have been presented to Him.

The Litany was compiled by Thomas Cranmer for the Book of Common Prayer. Cranmer drew on a variety of sources, including the medieval Sarum Rite and the German Liturgy of Martin Luther.



Congratulations! Now that you have read the prayers and explanations of the “Daily Office”, I want to encourage you to make them a part of your daily devotional life. Start by consistently praying the Morning Prayer and then add the others when you are able. I hope that you will find them to be as rich a blessing as I have. Don’t forget that you can always access all of the Jesus Moment devotional helps online at www.spiritualfervor.com!

Psalms and Proverbs Readings

Morning Prayer

Evening Prayer

Psalms	Proverbs	Psalms	Proverbs
1 Psalms 1-5	Proverbs 1	Psalms 6-8	Proverbs 2
2 Psalms 9-11	Proverbs 3	Psalms 12-14	Proverbs 4
3 Psalms 15-17	Proverbs 5	Psalms 18	Proverbs 6
4 Psalms 19-21	Proverbs 7	Psalms 22-23	Proverbs 8
5 Psalms 24-26	Proverbs 9	Psalms 27-29	Proverbs 10
6 Psalms 30-31	Proverbs 11	Psalms 32-34	Proverbs 12
7 Psalms 35-36	Proverbs 13	Psalms 37	Proverbs 14
8 Psalms 38-40	Proverbs 15	Psalms 41-43	Proverbs 16
9 Psalms 44-46	Proverbs 17	Psalms 47-49	Proverbs 18
10 Psalms 50-52	Proverbs 19	Psalms 53-55	Proverbs 20
11 Psalms 56-58	Proverbs 21	Psalms 59-61	Proverbs 22
12 Psalms 62-64	Proverbs 23	Psalms 65-67	Proverbs 24
13 Psalm 68	Proverbs 25	Psalms 69-70	Proverbs 26
14 Psalms 71-72	Proverbs 27	Psalms 73-74	Proverbs 28
15 Psalms 75-77	Proverbs 29	Psalms 78	Proverbs 30
16 Psalms 79-81	Proverbs 31	Psalms 82-85	Proverbs 1
17 Psalms 86-88	Proverbs 2	Psalms 89	Proverbs 3
18 Psalms 90-92	Proverbs 4	Psalms 93-94	Proverbs 5
19 Psalms 95-97	Proverbs 6	Psalms 98-101	Proverbs 7
20 Psalms 102-103	Proverbs 8	Psalms 104	Proverbs 9
21 Psalm 105	Proverbs 10	Psalms 106	Proverbs 11
22 Psalm 107	Proverbs 12	Psalms 108-109	Proverbs 13
23 Psalms 110-113	Proverbs 14	Psalms 114-115	Proverbs 15
24 Psalms 116-118	Proverbs 16	Psalms 119:1-32	Proverbs 17
25 Psalm 119:33-72	Proverbs 18	Psalms 119:73-104	Proverbs 19
26 Psalm 119:105-144	Proverbs 20	Psalms 119:145-176	Proverbs 21
27 Psalms 120-125	Proverbs 22	Psalms 126-131	Proverbs 23
28 Psalms 132-135	Proverbs 24	Psalms 136-138	Proverbs 25
29 Psalms 139-140	Proverbs 26	Psalms 141-143	Proverbs 27
30 Psalms 144-146	Proverbs 28	Psalms 147-150	Proverbs 29
31 Psalms 144-146	Proverbs 30	Psalms 147-150	Proverbs 31

January Readings

Morning Readings

Evening Readings

Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Jan 01	Genesis 1	Matthew 1	Ezra 1	Acts 1
Jan 02	Genesis 2	Matthew 2	Ezra 2	Acts 2
Jan 03	Genesis 3	Matthew 3	Ezra 3	Acts 3
Jan 04	Genesis 4	Matthew 4	Ezra 4	Acts 4
Jan 05	Genesis 5	Matthew 5	Ezra 5	Acts 5
Jan 06	Genesis 6	Matthew 6	Ezra 6	Acts 6
Jan 07	Genesis 7	Matthew 7	Ezra 7	Acts 7
Jan 08	Genesis 8	Matthew 8	Ezra 8	Acts 8
Jan 09	Genesis 9-10	Matthew 9	Ezra 9	Acts 9
Jan 10	Genesis 11	Matthew 10	Ezra 10	Acts 10
Jan 11	Genesis 12	Matthew 11	Nehemiah 1	Acts 11
Jan 12	Genesis 13	Matthew 12	Nehemiah 2	Acts 12
Jan 13	Genesis 14	Matthew 13	Nehemiah 3	Acts 13
Jan 14	Genesis 15	Matthew 14	Nehemiah 4	Acts 14
Jan 15	Genesis 16	Matthew 15	Nehemiah 5	Acts 15
Jan 16	Genesis 17	Matthew 16	Nehemiah 6	Acts 16
Jan 17	Genesis 18	Matthew 17	Nehemiah 7	Acts 17
Jan 18	Genesis 19	Matthew 18	Nehemiah 8	Acts 18
Jan 19	Genesis 20	Matthew 19	Nehemiah 9	Acts 19
Jan 20	Genesis 21	Matthew 20	Nehemiah 10	Acts 20
Jan 21	Genesis 22	Matthew 21	Nehemiah 11	Acts 21
Jan 22	Genesis 23	Matthew 22	Nehemiah 12	Acts 22
Jan 23	Genesis 24	Matthew 23	Nehemiah 13	Acts 23
Jan 24	Genesis 25	Matthew 24	Esther 1	Acts 24
Jan 25	Genesis 26	Matthew 25	Esther 2	Acts 25
Jan 26	Genesis 27	Matthew 26	Esther 3	Acts 26
Jan 27	Genesis 28	Matthew 27	Esther 4	Acts 27
Jan 28	Genesis 29	Matthew 28	Esther 5	Acts 28
Jan 29	Genesis 30	Mark 1	Esther 6	Romans 1
Jan 30	Genesis 31	Mark 2	Esther 7	Romans 2
Jan 31	Genesis 32	Mark 3	Esther 8	Romans 3

February Readings

Morning Readings

Evening Readings

Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Feb 01	Genesis 33	Mark 4	Esther 9-10	Romans 4
Feb 02	Genesis 34	Mark 5	Job 1	Romans 5
Feb 03	Genesis 35-36	Mark 6	Job 2	Romans 6
Feb 04	Genesis 37	Mark 7	Job 3	Romans 7
Feb 05	Genesis 38	Mark 8	Job 4	Romans 8
Feb 06	Genesis 39	Mark 9	Job 5	Romans 9
Feb 07	Genesis 40	Mark 10	Job 6	Romans 10
Feb 08	Genesis 41	Mark 11	Job 7	Romans 11
Feb 09	Genesis 42	Mark 12	Job 8	Romans 12
Feb 10	Genesis 43	Mark 13	Job 9	Romans 13
Feb 11	Genesis 44	Mark 14	Job 10	Romans 14
Feb 12	Genesis 45	Mark 15	Job 11	Romans 15
Feb 13	Genesis 46	Mark 16	Job 12	Romans 16
Feb 14	Genesis 47	Luke 1:1-38	Job 13	1 Corinthians 1
Feb 15	Genesis 48	Luke 1:39-80	Job 14	1 Corinthians 2
Feb 16	Genesis 49	Luke 2	Job 15	1 Corinthians 3
Feb 17	Genesis 50	Luke 3	Job 16-17	1 Corinthians 4
Feb 18	Exodus 1	Luke 4	Job 18	1 Corinthians 5
Feb 19	Exodus 2	Luke 5	Job 19	1 Corinthians 6
Feb 20	Exodus 3	Luke 6	Job 20	1 Corinthians 7
Feb 21	Exodus 4	Luke 7	Job 21	1 Corinthians 8
Feb 22	Exodus 5	Luke 8	Job 22	1 Corinthians 9
Feb 23	Exodus 6	Luke 9	Job 23	1 Corinthians 10
Feb 24	Exodus 7	Luke 10	Job 24	1 Corinthians 11
Feb 25	Exodus 8	Luke 11	Job 25-26	1 Corinthians 12
Feb 26	Exodus 9	Luke 12	Job 27	1 Corinthians 13
Feb 27	Exodus 10	Luke 13	Job 28	1 Corinthians 14
Feb 28	Exodus 11	Luke 14	Job 29	1 Corinthians 15
Feb 29*	Exodus 12	Luke 15	Job 30	1 Corinthians 16

*If there is no February 29th in the current year, add Exodus 12 and Luke 15 to February 28th, and add Job 30 and 1 Corinthians 16 to March 1st.

March Readings

	Morning Readings		Evening Readings	
Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Mar 01	Exodus 13	Luke 16	Job 31	2 Corinthians 1
Mar 02	Exodus 14	Luke 17	Job 32	2 Corinthians 2
Mar 03	Exodus 15	Luke 18	Job 33	2 Corinthians 3
Mar 04	Exodus 16	Luke 19	Job 34	2 Corinthians 4
Mar 05	Exodus 17	Luke 20	Job 35	2 Corinthians 5
Mar 06	Exodus 18	Luke 21	Job 36	2 Corinthians 6
Mar 07	Exodus 19	Luke 22	Job 37	2 Corinthians 7
Mar 08	Exodus 20	Luke 23	Job 38	2 Corinthians 8
Mar 09	Exodus 21	Luke 24	Job 39	2 Corinthians 9
Mar 10	Exodus 22	John 1	Job 40	2 Corinthians 10
Mar 11	Exodus 23	John 2	Job 41	2 Corinthians 11
Mar 12	Exodus 24	John 3	Job 42	2 Corinthians 12
Mar 13	Exodus 25	John 4	Proverbs 1	2 Corinthians 13
Mar 14	Exodus 26	John 5	Proverbs 2	Galatians 1
Mar 15	Exodus 27	John 6	Proverbs 3	Galatians 2
Mar 16	Exodus 28	John 7	Proverbs 4	Galatians 3
Mar 17	Exodus 29	John 8	Proverbs 5	Galatians 4
Mar 18	Exodus 30	John 9	Proverbs 6	Galatians 5
Mar 19	Exodus 31	John 10	Proverbs 7	Galatians 6
Mar 20	Exodus 32	John 11	Proverbs 8	Ephesians 1
Mar 21	Exodus 33	John 12	Proverbs 9	Ephesians 2
Mar 22	Exodus 34	John 13	Proverbs 10	Ephesians 3
Mar 23	Exodus 35	John 14	Proverbs 11	Ephesians 4
Mar 24	Exodus 36	John 15	Proverbs 12	Ephesians 5
Mar 25	Exodus 37	John 16	Proverbs 13	Ephesians 6
Mar 26	Exodus 38	John 17	Proverbs 14	Philippians 1
Mar 27	Exodus 39	John 18	Proverbs 15	Philippians 2
Mar 28	Exodus 40	John 19	Proverbs 16	Philippians 3
Mar 29	Leviticus 1	John 20	Proverbs 17	Philippians 4
Mar 30	Leviticus 2-3	John 21	Proverbs 18	Colossians 1
Mar 31	Leviticus 4	Psalms 1-2	Proverbs 19	Colossians 2

April Readings

Morning Readings

Evening Readings

Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Apr 01	Leviticus 5	Psalms 3-4	Proverbs 20	Colossians 3
Apr 02	Leviticus 6	Psalms 5-6	Proverbs 21	Colossians 4
Apr 03	Leviticus 7	Psalms 7-8	Proverbs 22	1 Thessalonians 1
Apr 04	Leviticus 8	Psalms 9	Proverbs 23	1 Thessalonians 2
Apr 05	Leviticus 9	Psalms 10-11	Proverbs 24	1 Thessalonians 3
Apr 06	Leviticus 10	Psalms 12-13	Proverbs 25	1 Thessalonians 4
Apr 07	Leviticus 11-12	Psalms 14	Proverbs 26	1 Thessalonians 5
Apr 08	Leviticus 13	Psalms 15-16	Proverbs 27	2 Thessalonians 1
Apr 09	Leviticus 14	Psalms 17	Proverbs 28	2 Thessalonians 2
Apr 10	Leviticus 15	Psalms 18	Proverbs 29	2 Thessalonians 3
Apr 11	Leviticus 16	Psalms 19	Proverbs 30	1 Timothy 1
Apr 12	Leviticus 17	Psalms 20-21	Proverbs 31	1 Timothy 2
Apr 13	Leviticus 18	Psalms 22	Ecclesiastes 1	1 Timothy 3
Apr 14	Leviticus 19	Psalms 23-24	Ecclesiastes 2	1 Timothy 4
Apr 15	Leviticus 20	Psalms 25	Ecclesiastes 3	1 Timothy 5
Apr 16	Leviticus 21	Psalms 26-27	Ecclesiastes 4	1 Timothy 6
Apr 17	Leviticus 22	Psalms 28-29	Ecclesiastes 5	2 Timothy 1
Apr 18	Leviticus 23	Psalms 30	Ecclesiastes 6	2 Timothy 2
Apr 19	Leviticus 24	Psalms 31	Ecclesiastes 7	2 Timothy 3
Apr 20	Leviticus 25	Psalms 32	Ecclesiastes 8	2 Timothy 4
Apr 21	Leviticus 26	Psalms 33	Ecclesiastes 9	Titus 1
Apr 22	Leviticus 27	Psalms 34	Ecclesiastes 10	Titus 2
Apr 23	Numbers 1	Psalms 35	Ecclesiastes 11	Titus 3
Apr 24	Numbers 2	Psalms 36	Ecclesiastes 12	Philemon 1
Apr 25	Numbers 3	Psalms 37	Song of Sol. 1	Hebrews 1
Apr 26	Numbers 4	Psalms 38	Song of Sol. 2	Hebrews 2
Apr 27	Numbers 5	Psalms 39	Song of Sol. 3	Hebrews 3
Apr 28	Numbers 6	Psalms 40-41	Song of Sol. 4	Hebrews 4
Apr 29	Numbers 7	Psalms 42-43	Song of Sol. 5	Hebrews 5
Apr 30	Numbers 8	Psalms 44	Song of Sol. 6	Hebrews 6

May Readings

Date	Morning Readings		Evening Readings	
	1st Reading	2nd Reading	1st Reading	2nd Reading
May 01	Numbers 9	Psalms 45	Song of Sol. 7	Hebrews 7
May 02	Numbers 10	Psalms 46-47	Song of Sol. 8	Hebrews 8
May 03	Numbers 11	Psalms 48	Isaiah 1	Hebrews 9
May 04	Numbers 12-13	Psalms 49	Isaiah 2	Hebrews 10
May 05	Numbers 14	Psalms 50	Isaiah 3-4	Hebrews 11
May 06	Numbers 15	Psalms 51	Isaiah 5	Hebrews 12
May 07	Numbers 16	Psalms 52-54	Isaiah 6	Hebrews 13
May 08	Numbers 17-18	Psalms 55	Isaiah 7	James 1
May 09	Numbers 19	Psalms 56-57	Isaiah 8:1-9:7	James 2
May 10	Numbers 20	Psalms 58-59	Isaiah 9:8-10:4	James 3
May 11	Numbers 21	Psalms 60-61	Isaiah 10:5-34	James 4
May 12	Numbers 22	Psalms 62-63	Isaiah 11-12	James 5
May 13	Numbers 23	Psalms 64-65	Isaiah 13	1 Peter 1
May 14	Numbers 24	Psalms 66-67	Isaiah 14	1 Peter 2
May 15	Numbers 25	Psalms 68	Isaiah 15	1 Peter 3
May 16	Numbers 26	Psalms 69	Isaiah 16	1 Peter 4
May 17	Numbers 27	Psalms 70-71	Isaiah 17-18	1 Peter 5
May 18	Numbers 28	Psalms 72	Isaiah 19-20	2 Peter 1
May 19	Numbers 29	Psalms 73	Isaiah 21	2 Peter 2
May 20	Numbers 30	Psalms 74	Isaiah 22	2 Peter 3
May 21	Numbers 31	Psalms 75-76	Isaiah 23	1 John 1
May 22	Numbers 32	Psalms 77	Isaiah 24	1 John 2
May 23	Numbers 33	Psalms 78:1-39	Isaiah 25	1 John 3
May 24	Numbers 34	Psalms 78:40-72	Isaiah 26	1 John 4
May 25	Numbers 35	Psalms 79	Isaiah 27	1 John 5
May 26	Numbers 36	Psalms 80	Isaiah 28	2 John 1
May 27	Deuteron. 1	Psalms 81-82	Isaiah 29	3 John 1
May 28	Deuteron. 2	Psalms 83-84	Isaiah 30	Jude 1
May 29	Deuteron. 3	Psalms 85	Isaiah 31	Revelation 1
May 30	Deuteron. 4	Psalms 86-87	Isaiah 32	Revelation 2
May 31	Deuteron. 5	Psalms 88	Isaiah 33	Revelation 3

June Readings

Morning Readings

Evening Readings

Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Jun 01	Deuteron. 6	Psalms 89	Isaiah 34	Revelation 4
Jun 02	Deuteron. 7	Psalms 90	Isaiah 35	Revelation 5
Jun 03	Deuteron. 8	Psalms 91	Isaiah 36	Revelation 6
Jun 04	Deuteron. 9	Psalms 92-93	Isaiah 37	Revelation 7
Jun 05	Deuteron. 10	Psalms 94	Isaiah 38	Revelation 8
Jun 06	Deuteron. 11	Psalms 95-96	Isaiah 39	Revelation 9
Jun 07	Deuteron. 12	Psalms 97-98	Isaiah 40	Revelation 10
Jun 08	Deuteron. 13-14	Psalms 99-101	Isaiah 41	Revelation 11
Jun 09	Deuteron. 15	Psalms 102	Isaiah 42	Revelation 12
Jun 10	Deuteron. 16	Psalms 103	Isaiah 43	Revelation 13
Jun 11	Deuteron. 17	Psalms 104	Isaiah 44	Revelation 14
Jun 12	Deuteron. 18	Psalms 105	Isaiah 45	Revelation 15
Jun 13	Deuteron. 19	Psalms 106	Isaiah 46	Revelation 16
Jun 14	Deuteron. 20	Psalms 107	Isaiah 47	Revelation 17
Jun 15	Deuteron. 21	Psalms 108-109	Isaiah 48	Revelation 18
Jun 16	Deuteron. 22	Psalms 110-111	Isaiah 49	Revelation 19
Jun 17	Deuteron. 23	Psalms 112-113	Isaiah 50	Revelation 20
Jun 18	Deuteron. 24	Psalms 114-115	Isaiah 51	Revelation 21
Jun 19	Deuteron. 25-26	Psalms 116	Isaiah 52	Revelation 22
Jun 20	Deuteron. 27	Psalms 117-118	Isaiah 53	Matthew 1
Jun 21	Deuteron. 28	Psalms 119:1-24	Isaiah 54	Matthew 2
Jun 22	Deuteron. 29	Psalms 119:25-48	Isaiah 55	Matthew 3
Jun 23	Deuteron. 30	Psalms 119:49-72	Isaiah 56	Matthew 4
Jun 24	Deuteron. 31	Psalms 119:73-96	Isaiah 57	Matthew 5
Jun 25	Deuteron. 32	Ps. 119:97-120	Isaiah 58	Matthew 6
Jun 26	Deuteron. 33	Ps. 119:121-144	Isaiah 59	Matthew 7
Jun 27	Deuteron. 34	Ps. 119:145-176	Isaiah 60	Matthew 8
Jun 28	Joshua 1	Psalms 120-122	Isaiah 61	Matthew 9
Jun 29	Joshua 2	Psalms 123-125	Isaiah 62	Matthew 10
Jun 30	Joshua 3	Psalms 126-128	Isaiah 63	Matthew 11

July Readings

Date	Morning Readings		Evening Readings	
	1st Reading	2nd Reading	1st Reading	2nd Reading
Jul 01	Joshua 4	Psalms 129-131	Isaiah 64	Matthew 12
Jul 02	Joshua 5	Psalms 132-134	Isaiah 65	Matthew 13
Jul 03	Joshua 6	Psalms 135-136	Isaiah 66	Matthew 14
Jul 04	Joshua 7	Psalms 137-138	Jeremiah 1	Matthew 15
Jul 05	Joshua 8	Psalms 139	Jeremiah 2	Matthew 16
Jul 06	Joshua 9	Psalms 140-141	Jeremiah 3	Matthew 17
Jul 07	Joshua 10	Psalms 142-143	Jeremiah 4	Matthew 18
Jul 08	Joshua 11	Psalms 144	Jeremiah 5	Matthew 19
Jul 09	Joshua 12-13	Psalms 145	Jeremiah 6	Matthew 20
Jul 10	Joshua 14-15	Psalms 146-147	Jeremiah 7	Matthew 21
Jul 11	Joshua 16-17	Psalms 148	Jeremiah 8	Matthew 22
Jul 12	Joshua 18-19	Psalms 149-150	Jeremiah 9	Matthew 23
Jul 13	Joshua 20-21	Acts 1	Jeremiah 10	Matthew 24
Jul 14	Joshua 22	Acts 2	Jeremiah 11	Matthew 25
Jul 15	Joshua 23	Acts 3	Jeremiah 12	Matthew 26
Jul 16	Joshua 24	Acts 4	Jeremiah 13	Matthew 27
Jul 17	Judges 1	Acts 5	Jeremiah 14	Matthew 28
Jul 18	Judges 2	Acts 6	Jeremiah 15	Mark 1
Jul 19	Judges 3	Acts 7	Jeremiah 16	Mark 2
Jul 20	Judges 4	Acts 8	Jeremiah 17	Mark 3
Jul 21	Judges 5	Acts 9	Jeremiah 18	Mark 4
Jul 22	Judges 6	Acts 10	Jeremiah 19	Mark 5
Jul 23	Judges 7	Acts 11	Jeremiah 20	Mark 6
Jul 24	Judges 8	Acts 12	Jeremiah 21	Mark 7
Jul 25	Judges 9	Acts 13	Jeremiah 22	Mark 8
Jul 26	Judges 10	Acts 14	Jeremiah 23	Mark 9
Jul 27	Judges 11	Acts 15	Jeremiah 24	Mark 10
Jul 28	Judges 12	Acts 16	Jeremiah 25	Mark 11
Jul 29	Judges 13	Acts 17	Jeremiah 26	Mark 12
Jul 30	Judges 14	Acts 18	Jeremiah 27	Mark 13
Jul 31	Judges 15	Acts 19	Jeremiah 28	Mark 14

August Readings

Morning Readings

Evening Readings

Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Aug 01	Judges 16	Acts 20	Jeremiah 29	Mark 15
Aug 02	Judges 17	Acts 21	Jeremiah 30-31	Mark 16
Aug 03	Judges 18	Acts 22	Jeremiah 32	Psalms 1-2
Aug 04	Judges 19	Acts 23	Jeremiah 33	Psalms 3-4
Aug 05	Judges 20	Acts 24	Jeremiah 34	Psalms 5-6
Aug 06	Judges 21	Acts 25	Jeremiah 35	Psalms 7-8
Aug 07	Ruth 1	Acts 26	Jeremiah 36	Psalms 9
Aug 08	Ruth 2	Acts 27	Jeremiah 37	Psalms 10-11
Aug 09	Ruth 3-4	Acts 28	Jeremiah 38	Psalms 12-13
Aug 10	1 Samuel 1	Romans 1	Jeremiah 39	Psalms 14
Aug 11	1 Samuel 2	Romans 2	Jeremiah 40	Psalms 15-16
Aug 12	1 Samuel 3	Romans 3	Jeremiah 41	Psalms 17
Aug 13	1 Samuel 4	Romans 4	Jeremiah 42	Psalms 18
Aug 14	1 Samuel 5-6	Romans 5	Jeremiah 43	Psalms 19
Aug 15	1 Samuel 7-8	Romans 6	Jeremiah 44-45	Psalms 20-21
Aug 16	1 Samuel 9	Romans 7	Jeremiah 46	Psalms 22
Aug 17	1 Samuel 10	Romans 8	Jeremiah 47	Psalms 23-24
Aug 18	1 Samuel 11	Romans 9	Jeremiah 48	Psalms 25
Aug 19	1 Samuel 12	Romans 10	Jeremiah 49	Psalms 26-27
Aug 20	1 Samuel 13	Romans 11	Jeremiah 50	Psalms 28-29
Aug 21	1 Samuel 14	Romans 12	Jeremiah 51	Psalms 30
Aug 22	1 Samuel 15	Romans 13	Jeremiah 52	Psalms 31
Aug 23	1 Samuel 16	Romans 14	Lamentations 1	Psalms 32
Aug 24	1 Samuel 17	Romans 15	Lamentations 2	Psalms 33
Aug 25	1 Samuel 18	Romans 16	Lamentations 3	Psalms 34
Aug 26	1 Samuel 19	1 Corinthians 1	Lamentations 4	Psalms 35
Aug 27	1 Samuel 20	1 Corinthians 2	Lamentations 5	Psalms 36
Aug 28	1 Samuel 21-22	1 Corinthians 3	Ezekiel 1	Psalms 37
Aug 29	1 Samuel 23	1 Corinthians 4	Ezekiel 2	Psalms 38
Aug 30	1 Samuel 24	1 Corinthians 5	Ezekiel 3	Psalms 39
Aug 31	1 Samuel 25	1 Corinthians 6	Ezekiel 4	Psalms 40-41

September Readings

	Morning Readings		Evening Readings	
Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Sep 01	1 Samuel 26	1 Corinthians 7	Ezekiel 5	Psalms 42-43
Sep 02	1 Samuel 27	1 Corinthians 8	Ezekiel 6	Psalms 44
Sep 03	1 Samuel 28-29	1 Corinthians 9	Ezekiel 7	Psalms 45
Sep 04	1 Samuel 30	1 Corinthians 10	Ezekiel 8	Psalms 46-47
Sep 05	1 Samuel 31	1 Corinthians 11	Ezekiel 9	Psalms 48
Sep 06	2 Samuel 1	1 Corinthians 12	Ezekiel 10	Psalms 49
Sep 07	2 Samuel 2	1 Corinthians 13	Ezekiel 11	Psalms 50
Sep 08	2 Samuel 3-4	1 Corinthians 14	Ezekiel 12	Psalms 51
Sep 09	2 Samuel 5	1 Corinthians 15	Ezekiel 13	Psalms 52-54
Sep 10	2 Samuel 6	1 Corinthians 16	Ezekiel 14	Psalms 55
Sep 11	2 Samuel 7	2 Corinthians 1	Ezekiel 15	Psalms 56-57
Sep 12	2 Samuel 8-9	2 Corinthians 2	Ezekiel 16	Psalms 58-59
Sep 13	2 Samuel 10	2 Corinthians 3	Ezekiel 17	Psalms 60-61
Sep 14	2 Samuel 11	2 Corinthians 4	Ezekiel 18	Psalms 62-63
Sep 15	2 Samuel 12	2 Corinthians 5	Ezekiel 19	Psalms 64-65
Sep 16	2 Samuel 13	2 Corinthians 6	Ezekiel 20	Psalms 66-67
Sep 17	2 Samuel 14	2 Corinthians 7	Ezekiel 21	Psalms 68
Sep 18	2 Samuel 15	2 Corinthians 8	Ezekiel 22	Psalms 69
Sep 19	2 Samuel 16	2 Corinthians 9	Ezekiel 23	Psalms 70-71
Sep 20	2 Samuel 17	2 Corinthians 10	Ezekiel 24	Psalms 72
Sep 21	2 Samuel 18	2 Corinthians 11	Ezekiel 25	Psalms 73
Sep 22	2 Samuel 19	2 Corinthians 12	Ezekiel 26	Psalms 74
Sep 23	2 Samuel 20	2 Corinthians 13	Ezekiel 27	Psalms 75-76
Sep 24	2 Samuel 21	Galatians 1	Ezekiel 28	Psalms 77
Sep 25	2 Samuel 22	Galatians 2	Ezekiel 29	Psalms 78:1-39
Sep 26	2 Samuel 23	Galatians 3	Ezekiel 30	Psalms 78:40-72
Sep 27	2 Samuel 24	Galatians 4	Ezekiel 31	Psalms 79
Sep 28	1 Kings 1	Galatians 5	Ezekiel 32	Psalms 80
Sep 29	1 Kings 2	Galatians 6	Ezekiel 33	Psalms 81-82
Sep 30	1 Kings 3	Ephesians 1	Ezekiel 34	Psalms 83-84

October Readings

Date	Morning Readings		Evening Readings	
	1st Reading	2nd Reading	1st Reading	2nd Reading
Oct 01	1 Kings 4-5	Ephesians 2	Ezekiel 35	Psalms 85
Oct 02	1 Kings 6	Ephesians 3	Ezekiel 36	Psalms 86-87
Oct 03	1 Kings 7	Ephesians 4	Ezekiel 37	Psalms 88
Oct 04	1 Kings 8	Ephesians 5	Ezekiel 38	Psalms 89
Oct 05	1 Kings 9	Ephesians 6	Ezekiel 39	Psalms 90
Oct 06	1 Kings 10	Philippians 1	Ezekiel 40	Psalms 91
Oct 07	1 Kings 11	Philippians 2	Ezekiel 41	Psalms 92-93
Oct 08	1 Kings 12	Philippians 3	Ezekiel 42	Psalms 94
Oct 09	1 Kings 13	Philippians 4	Ezekiel 43	Psalms 95-96
Oct 10	1 Kings 14	Colossians 1	Ezekiel 44	Psalms 97-98
Oct 11	1 Kings 15	Colossians 2	Ezekiel 45	Psalms 99-101
Oct 12	1 Kings 16	Colossians 3	Ezekiel 46	Psalms 102
Oct 13	1 Kings 17	Colossians 4	Ezekiel 47	Psalms 103
Oct 14	1 Kings 18	1 Thess. 1	Ezekiel 48	Psalms 104
Oct 15	1 Kings 19	1 Thess. 2	Daniel 1	Psalms 105
Oct 16	1 Kings 20	1 Thess. 3	Daniel 2	Psalms 106
Oct 17	1 Kings 21	1 Thess. 4	Daniel 3	Psalms 107
Oct 18	1 Kings 22	1 Thess. 5	Daniel 4	Psalms 108-109
Oct 19	2 Kings 1	2 Thess. 1	Daniel 5	Psalms 110-111
Oct 20	2 Kings 2	2 Thess. 2	Daniel 6	Psalms 112-113
Oct 21	2 Kings 3	2 Thess. 3	Daniel 7	Psalms 114-115
Oct 22	2 Kings 4	1 Timothy 1	Daniel 8	Psalms 116
Oct 23	2 Kings 5	1 Timothy 2	Daniel 9	Psalms 117-118
Oct 24	2 Kings 6	1 Timothy 3	Daniel 10	Psalms 119:1-24
Oct 25	2 Kings 7	1 Timothy 4	Daniel 11	Psalms 119:25-48
Oct 26	2 Kings 8	1 Timothy 5	Daniel 12	Psalms 119:49-72
Oct 27	2 Kings 9	1 Timothy 6	Hosea 1	Psalms 119:73-96
Oct 28	2 Kings 10-11	2 Timothy 1	Hosea 2	Psalms 119:97-120
Oct 29	2 Kings 12	2 Timothy 2	Hosea 3-4	Psalms 119:121-144
Oct 30	2 Kings 13	2 Timothy 3	Hosea 5-6	Psalms 119:145-176
Oct 31	2 Kings 14	2 Timothy 4	Hosea 7	Psalms 120-122

November Readings

Morning Readings			Evening Readings	
Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Nov 01	2 Kings 15	Titus 1	Hosea 8	Psalms 123-125
Nov 02	2 Kings 16	Titus 2	Hosea 9	Psalms 126-128
Nov 03	2 Kings 17	Titus 3	Hosea 10	Psalms 129-131
Nov 04	2 Kings 18	Philemon 1	Hosea 11	Psalms 132-134
Nov 05	2 Kings 19	Hebrews 1	Hosea 12	Psalms 135-136
Nov 06	2 Kings 20	Hebrews 2	Hosea 13	Psalms 137-138
Nov 07	2 Kings 21	Hebrews 3	Hosea 14	Psalms 139
Nov 08	2 Kings 22	Hebrews 4	Joel 1	Psalms 140-141
Nov 09	2 Kings 23	Hebrews 5	Joel 2	Psalms 142-143
Nov 10	2 Kings 24	Hebrews 6	Joel 3	Psalms 144
Nov 11	2 Kings 25	Hebrews 7	Amos 1	Psalms 145
Nov 12	1 Chron. 1-2	Hebrews 8	Amos 2	Psalms 146-147
Nov 13	1 Chron. 3-4	Hebrews 9	Amos 3	Psalms 148
Nov 14	1 Chron. 5-6	Hebrews 10	Amos 4	Psalms 149-150
Nov 15	1 Chron. 7-8	Hebrews 11	Amos 5	Luke 1:1-38
Nov 16	1 Chron. 9-10	Hebrews 12	Amos 6	Luke 1:39-80
Nov 17	1 Chron. 11-12	Hebrews 13	Amos 7	Luke 2
Nov 18	1 Chron. 13-14	James 1	Amos 8	Luke 3
Nov 19	1 Chron. 15	James 2	Amos 9	Luke 4
Nov 20	1 Chron. 16	James 3	Obadiah 1	Luke 5
Nov 21	1 Chron. 17	James 4	Jonah 1	Luke 6
Nov 22	1 Chron. 18	James 5	Jonah 2	Luke 7
Nov 23	1 Chron. 19-20	1 Peter 1	Jonah 3	Luke 8
Nov 24	1 Chron. 21	1 Peter 2	Jonah 4	Luke 9
Nov 25	1 Chron. 22	1 Peter 3	Micah 1	Luke 10
Nov 26	1 Chron. 23	1 Peter 4	Micah 2	Luke 11
Nov 27	1 Chron. 24-25	1 Peter 5	Micah 3	Luke 12
Nov 28	1 Chron. 26-27	2 Peter 1	Micah 4	Luke 13
Nov 29	1 Chron. 28	2 Peter 2	Micah 5	Luke 14
Nov 30	1 Chron. 29	2 Peter 3	Micah 6	Luke 15

December Readings

	Morning Readings		Evening Readings	
Date	1st Reading	2nd Reading	1st Reading	2nd Reading
Dec 01	2 Chron. 1	1 John 1	Micah 7	Luke 16
Dec 02	2 Chron. 2	1 John 2	Nahum 1	Luke 17
Dec 03	2 Chron. 3-4	1 John 3	Nahum 2	Luke 18
Dec 04	2 Chron. 5	1 John 4	Nahum 3	Luke 19
Dec 05	2 Chron. 6	1 John 5	Habakkuk 1	Luke 20
Dec 06	2 Chron. 7	2 John 1	Habakkuk 2	Luke 21
Dec 07	2 Chron. 8	3 John 1	Habakkuk 3	Luke 22
Dec 08	2 Chron. 9	Jude 1	Zephaniah 1	Luke 23
Dec 09	2 Chron. 10	Revelation 1	Zephaniah 2	Luke 24
Dec 10	2 Chron. 11-12	Revelation 2	Zephaniah 3	John 1
Dec 11	2 Chron. 13	Revelation 3	Haggai 1	John 2
Dec 12	2 Chron. 14-15	Revelation 4	Haggai 2	John 3
Dec 13	2 Chron. 16	Revelation 5	Zechariah 1	John 4
Dec 14	2 Chron. 17	Revelation 6	Zechariah 2	John 5
Dec 15	2 Chron. 18	Revelation 7	Zechariah 3	John 6
Dec 16	2 Chron. 19-20	Revelation 8	Zechariah 4	John 7
Dec 17	2 Chron. 21-22	Revelation 9	Zechariah 5	John 8
Dec 18	2 Chron. 23-24	Revelation 10	Zechariah 6	John 9
Dec 19	2 Chron. 25	Revelation 11	Zechariah 7	John 10
Dec 20	2 Chron. 26	Revelation 12	Zechariah 8	John 11
Dec 21	2 Chron. 27	Revelation 13	Zechariah 9	John 12
Dec 22	2 Chron. 28	Revelation 14	Zechariah 10	John 13
Dec 23	2 Chron. 29	Revelation 15	Zechariah 11	John 14
Dec 24	2 Chron. 30	Revelation 16	Zechariah 12	John 15
Dec 25	Isaiah 9:2-7	Luke 2:1-20	Micah 4:1-5	1 John 4:7-14
Dec 26	2 Chron. 31	Revelation 17	Zechariah 13	John 16
Dec 27	2 Chron. 32	Revelation 18	Zechariah 14	John 17
Dec 28	2 Chron. 33	Revelation 19	Malachi 1	John 18
Dec 29	2 Chron. 34	Revelation 20	Malachi 2	John 19
Dec 30	2 Chron. 35	Revelation 21	Malachi 3	John 20
Dec 31	2 Chron. 36	Revelation 22	Malachi 4	John 21

The Collects

The First Sunday in Advent

Almighty God, give us grace to cast away the deeds of darkness and to put on the armor of light, now in the time of this mortal life, in which Your Son Jesus Christ came among us in great humility; that on the last day, when He will come again in His glorious majesty to judge the living and the dead, we may rise to the life immortal, through Him who lives and reigns with You and the Holy Spirit, one God, now and for ever. AMEN.

This collect is to be said daily, added to the other Collects in Advent, until Christmas Eve.

The Second Sunday in Advent

Blessed Lord, You have caused all the holy Scriptures to be written for our learning; help us to hear, read, note, learn, and inwardly digest them, that, encouraged and supported by Your holy Word, we may embrace and forever hold fast the joyful hope of eternal life, which You have given us in our Savior Jesus Christ. AMEN.

The Third Sunday in Advent

Lord Jesus Christ, who at Your first coming sent Your messenger to prepare the way before You, grant that the ministers and stewards of Your holy truth may likewise prepare and make ready Your way, by turning the hearts of the disobedient to the wisdom of the just, that at Your second coming to judge the world, we may be found an acceptable people in Your sight; for You live and reign with the Father and the Holy Spirit, one God, now and for ever. AMEN.

The Fourth Sunday in Advent

Raise up Your great power, Lord, and come among us to save us, because through our sins and wickedness we are severely hindered in running the race that is set before us; may Your bountiful grace and

mercy speedily help and deliver us through Jesus Christ our Lord, to whom, with You and the Holy Spirit be honor and glory now and for ever. AMEN.

Christmas Day

Almighty God, who gave us Your only begotten Son to take our nature upon Him and to be born of a pure Virgin, grant that we, who are born again and made Your children by adoption and grace, may daily be renewed by Your Holy Spirit through our Lord Jesus Christ, who lives and reigns with You and the Holy Spirit, one God, now and for ever. AMEN.

The First Sunday after Christmas Day

Almighty God, who gave us Your only begotten Son to take our nature upon Him and to be born of a pure Virgin, grant that we, who are born again and made Your children by adoption and grace, may daily be renewed by Your Holy Spirit through our Lord Jesus Christ, who lives and reigns with You and the Holy Spirit, one God, now and for ever. AMEN.

The Circumcision of Christ (January 1st)

Almighty God, Your blessed Son was circumcised and for our sake became obedient to the Law: grant us the true circumcision of the heart so that we may die to all sinful desires and in all things obey Your holy will, living by doing the next right thing, through Your Son Jesus Christ our Lord. AMEN.

The Second Sunday after Christmas Day

Almighty God, who wonderfully created man in Your image and even more wonderfully restored him: Grant we pray that as Your Son our Lord Jesus Christ was made in the likeness of men, so we may be made partakers of the divine nature through Your Son, who with You and the Holy Spirit lives and reigns one God, for ever and ever. AMEN.

The Epiphany (January 6th)

Lord God, who revealed Your only Son to the Gentiles by the leading of a star, mercifully grant that we, who know You now by faith, may after this life behold Your glory in the face of Your Son, Jesus Christ our Lord. AMEN.

The First Sunday after the Epiphany

Lord God, receive the prayers of Your people who call upon You and grant that we may perceive and know what things we ought to do, and also have the grace and power faithfully to perform them, through Jesus Christ our Lord. AMEN.

The Second Sunday after the Epiphany

Almighty and everlasting God, You who rule over all things in heaven and earth: in Your great mercy hear the prayers of your people and grant us Your peace all the days of our lives; through Jesus Christ our Lord. AMEN.

The Third Sunday after the Epiphany

Almighty and everlasting God, in Your great mercy look upon our weaknesses; and in all our dangers and needs stretch out Your right hand to help and defend us; through Jesus Christ our Lord. AMEN.

The Fourth Sunday after the Epiphany

Lord God, You know that we are in the midst of so many great dangers and that because of our human weakness we cannot always stand upright; grant us such strength and protection that we may be supported in all dangers and carried through all temptations, through Jesus Christ our Lord. AMEN.

The Fifth Sunday after the Epiphany

Heavenly Father, we ask You to keep Your household the Church continually in your true faith; that those who lean only on the hope of

Your heavenly grace may always be defended by Your mighty power; through Jesus Christ our Lord. AMEN.

The Sixth Sunday after the Epiphany

Lord God, whose blessed Son came to earth that He might destroy the works of the evil one and make us children of God and heirs of eternal life, grant that we, who have this hope, may purify ourselves as He is pure, so that, when He shall come again in power and great glory, we may be made like him in His eternal and glorious kingdom, where he lives and reigns with You, Father, and with You, Holy Spirit, one God, now and for ever. AMEN.

Septuagesima (The Third Sunday before Lent)

Almighty God, creator of all things and giver of every good and perfect gift, we ask You to favorably hear the prayers of Your people, that we, who are justly punished for our offenses may be mercifully delivered by Your goodness; through Jesus Christ our Savior, who lives and reigns with You and the Holy Spirit, one God, now and for ever. AMEN.

Sexagesima (The Second Sunday before Lent)

Lord God, You know that we cannot put our trust in anything that we do: mercifully defend us by Your power against all adversity, through Jesus Christ our Lord. AMEN.

Quinquagesima (The Sunday before Lent)

Lord God, You have taught us that whatever we do without love is worth nothing; send your Holy Spirit and pour into our hearts the most excellent gift of love, the true bond of peace and of all virtues; for without such love whoever lives is reckoned as dead before You: grant this for the sake of Your only Son, Jesus Christ our Lord. AMEN.

Ash Wednesday (First day of Lent)

Almighty and eternal God, You hate nothing that You have made, and You forgive the sins of all who sincerely repent: create and make in us new and contrite hearts, that we, lamenting and acknowledging our sins and wretchedness, may obtain from You, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. AMEN.

This collect is to be said daily during Lent.

The First Sunday in Lent

Lord Jesus Christ, who for our sake fasted forty days and forty nights; give us grace to discipline ourselves that we may always obey Your will in living by doing the next right thing to the honor and glory of Your Name; who live and reign with the Father and Holy Spirit, one God, now and for ever. AMEN.

The Second Sunday in Lent

Almighty God, You know that we have no power of our own to help ourselves: keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. AMEN.

The Third Sunday in Lent

Almighty God, consider the heartfelt desires of Your servants and stretch out the right hand of Your power to defend us against all our enemies; through Jesus Christ our Lord. AMEN.

The Fourth Sunday in Lent

Almighty God grant that we, who justly deserve to be punished for our evil deeds, may by Your grace and mercy be forgiven and restored; through Jesus Christ our Lord. AMEN.

Passion Sunday (The Fifth Sunday in Lent)

Almighty God, look mercifully upon Your people so that by Your great mercy, we may be always governed and preserved both in body and soul; through Jesus Christ our Lord. AMEN.

Palm Sunday (The Sunday before Easter)

Almighty and eternal God, who in Your tender love towards the human race sent Your Son, our Savior Jesus Christ to take our nature upon himself and to suffer death on the cross so that we should follow the example of His great humility; in Your mercy, grant that we may both follow the example of His suffering and also partake in His resurrection; through Jesus Christ our Lord. AMEN.

This collect is used daily until Good Friday.

Maundy Thursday

Almighty and eternal God, who in Your tender love towards the human race sent Your Son, our Savior Jesus Christ to take our nature upon himself and to suffer death on the cross so that we should follow the example of His great humility; in Your mercy, grant that we may both follow the example of His suffering and also partake in His resurrection; through Jesus Christ our Lord. AMEN.

Good Friday

Almighty God, in Your great mercy look upon this Your family, for which our Lord Jesus Christ was willing to be betrayed and given up into the hands of sinners, and to suffer death upon the Cross; who now lives and reigns with You and the Holy Spirit, one God, for ever and ever. AMEN.

Easter Eve

Grant, Lord, that as we have been baptized into the death of Your blessed Son, our Savior Jesus Christ, we may continually put to death our evil desires and be buried with Him; so that we may pass through

the grave and gate of death to our joyful resurrection; by Him who died and was buried and rose again for us, Your Son, Jesus Christ our Lord. AMEN.

Easter Day

Almighty God, You have conquered death through Your only Son Jesus Christ and opened to us the gate of eternal life: give us Your grace to set our minds on things above, so that with Your continual help our lives may be changed now and for ever; through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. AMEN.

The First Sunday after Easter

Almighty Father, You gave Your only Son to die for our sins and to rise again for our justification; grant that we may put away the old yeast of malice and wickedness and always serve You in sincerity and truth; through Jesus Christ our Lord. AMEN.

The Second Sunday after Easter

Almighty God, You gave Your only Son to be for us both a sacrifice for sin and an example of godly life; give us grace that we may always receive with thankfulness the immeasurable benefit of His sacrifice, and also to try daily to follow in the steps of His most holy life; through Jesus Christ our Lord. AMEN.

The Third Sunday after Easter

Almighty God, You show the light of Your truth to those in error so that they may return to the way of righteousness; give us power to obey Your will in living by doing the next right thing through Jesus Christ our Lord. AMEN.

The Fourth Sunday after Easter

Almighty God, You alone can order the unruly wills and passions of sinful people: grant that Your people may love what you command and

desire what You promise so that among the many and varied changes of this world our hearts may be firmly established where true joys are to be found, through Jesus Christ our Lord. AMEN.

Rogation Sunday (The Fifth Sunday after Easter)

Lord God, from whom all blessings flow; grant to us that by Your holy inspiration we may think good thoughts and by Your merciful guidance put them into action; through our Lord Jesus Christ. AMEN.

The Ascension Day

Almighty and eternal God, we truly believe that Your only begotten Son, our Lord Jesus Christ, has ascended into heaven; grant that we may also ascend there in our hearts and minds, and dwell continually with Him, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. AMEN.

The Sunday after Ascension Day

Almighty God, the King of glory, You exalted Your only Son Jesus Christ with great triumph to Your kingdom in heaven; we ask that You send Your Holy Spirit to comfort us, and exalt us to the place where our Savior has already gone, who lives and reigns with You and the Holy Spirit, one God, for ever. AMEN.

The Day of Pentecost (Whitsunday)

Almighty God, You taught the hearts of Your faithful people by sending them the light of Your Holy Spirit: grant to us by the same Spirit to judge all things rightly and rejoice always in His holy comfort; through our Lord and Savior Jesus Christ, who lives and reigns with You and the Holy Spirit, one God, now and for ever. AMEN.

Trinity Sunday

Almighty and eternal God, You have given us Your grace by the confession of a true faith to acknowledge the glory of the eternal Trinity and to adore the unity in the power of Your Majesty; we humbly pray

that You will keep us steadfast in this faith and always defend us from all adversities; through our Lord and Savior Jesus Christ, who lives and reigns with You and the Holy Spirit, one God, now and for ever. AMEN.

The First Sunday after Trinity (Pentecost 2)

Lord God, the strength of all who put their trust in You, by Your great mercy hear our prayers, and because of the weakness of our human nature help us by Your great grace to live lives that please and honor You, through Jesus Christ our Lord. AMEN.

The Second Sunday after Trinity (Pentecost 3)

Lord God, the unfailing helper and guide of those whom You nurture in Your steadfast love; we ask that You would keep us under the protection of that mighty love, and give us a continual reverence and love for Your holy Name, through Jesus Christ our Lord. AMEN.

The Third Sunday after Trinity (Pentecost 4)

Mercifully hear us, Lord God, and grant that we, to whom you have given a sincere desire to pray, may be defended and strengthened by Your mighty power in all dangers and adversities; through Jesus Christ our Lord. AMEN.

The Fourth Sunday after Trinity (Pentecost 5)

Lord God, the protector of all who trust in You and without whom nothing is strong or holy; increase and multiply Your mercy upon us, so that with You as our ruler and guide, we may pass through the things which are temporal and fix our eyes on things eternal; grant this, heavenly Father, for our Lord Jesus Christ's sake. AMEN.

The Fifth Sunday after Trinity (Pentecost 6)

Lord God, we ask that the course of this world may be peaceably ordered by Your providence, that Your church may joyfully serve You in all godly and quiet devotion; through Jesus Christ our Lord. AMEN.

The Sixth Sunday after Trinity (Pentecost 7)

Lord God, You have prepared for those who love You such good things that surpass our understanding; pour into our hearts such love towards You that we, loving You above all things, may obtain Your promises which exceed all that we can desire, through Jesus Christ our Lord. AMEN.

The Seventh Sunday after Trinity (Pentecost 8)

Lord of all power and might, the author and giver of all good things; graft in our hearts the love of Your Name, increase in us true faith and devotion, nourish us with all that is good, and by Your great mercy keep us faithful, through Jesus Christ our Lord. AMEN.

The Eighth Sunday after Trinity (Pentecost 9)

Lord God, Your unfailing providence governs all things in heaven and on earth: we humbly ask You to take away from us all hurtful things, and to give us that which is helpful for our now and for ever life in You; through Jesus Christ our Lord. AMEN.

The Ninth Sunday after Trinity (Pentecost 10)

Lord God, grant to us the desire to always think and do those things that are right, so that we, who cannot do anything good without You, may be able in Your strength to live by doing the next right thing; through Jesus Christ our Lord. AMEN.

The Tenth Sunday after Trinity (Pentecost 11)

Lord God, let Your merciful ears be open to the prayers of Your people; and in order that we may obtain our requests, teach us to pray for those things that please You; through Jesus Christ our Lord. AMEN.

The Eleventh Sunday after Trinity (Pentecost 12)

Lord God, You demonstrate Your almighty power most of all in showing mercy and grace; give us such a measure of your mercy and

grace that as we live by trying to do the next right thing, we may obtain Your promises and share in Your heavenly treasure; through Jesus Christ our Lord. AMEN.

The Twelfth Sunday after Trinity (Pentecost 13)

Almighty and eternal God, You are always more ready to hear than we are to pray, and You are willing to give more than we desire or deserve; pour out Your mercy upon us, forgiving us those things that cause us to feel guilty and giving us those good things for which we are not worthy to ask, except through the intercession of Jesus Christ, your Son, our Lord. AMEN.

The Thirteenth Sunday after Trinity (Pentecost 14)

Merciful God, by whose grace alone Your faithful people offer You true and worthy service; grant that we may follow and serve You faithfully in this life so that we do not fail to obtain Your heavenly promises in the life to come, through the blessings of Jesus Christ our Lord. AMEN.

The Fourteenth Sunday after Trinity (Pentecost 15)

Almighty and eternal God, help us to grow in faith, hope and love; and, so that we may obtain what You promise, help us also love what You command, through Jesus Christ our Lord. AMEN.

The Fifteenth Sunday after Trinity (Pentecost 16)

Guard Your church, O Lord, with Your perpetual mercy, and because in our weakness we cannot stand without You, keep us from all that may harm us and lead us toward all that is beneficial for our now and for ever life in You; through Jesus Christ our Lord. AMEN.

The Sixteenth Sunday after Trinity (Pentecost 17)

Lord God, let Your continual mercy cleanse and defend Your church, and because it cannot continue in safety without You, preserve and

protect it by Your goodness and grace; through Jesus Christ our Lord. AMEN.

The Seventeenth Sunday after Trinity (Pentecost 18)

Lord God, we pray that Your grace may always uphold and encourage us, and help us to live for You by doing the next right thing; through Jesus Christ our Lord. AMEN.

The Eighteenth Sunday after Trinity (Pentecost 19)

Lord God, give Your people grace to withstand the temptations of the world, the flesh, and the evil one, and to follow You, the only wise God with pure hearts and minds, through Jesus Christ our Lord. AMEN.

The Nineteenth Sunday after Trinity (Pentecost 20)

Lord God, without Your help we are not able to live lives that please You; mercifully grant that your Holy Spirit may in all things guide and rule our hearts; through Jesus Christ our Lord. AMEN.

The Twentieth Sunday after Trinity (Pentecost 21)

Almighty and merciful God, by Your overwhelming goodness keep us from everything that may hinder us, so that we may be ready in body and soul to cheerfully accomplish whatever You want us to do; through Jesus Christ our Lord. AMEN.

The Twenty-First Sunday after Trinity (Pentecost 22)

Merciful God, grant to Your faithful people pardon and peace; that we may be cleansed from all our sins and serve You with a quiet mind, through Jesus Christ our Lord. AMEN.

The Twenty-Second Sunday after Trinity (Pentecost 23)

Lord God, keep Your household the church grounded in faith and love, so that by Your protection it may be free from all adversities, and may

devoutly serve You in good works to the glory of Your name; through Jesus Christ our Lord. AMEN.

The Twenty-Third Sunday after Trinity (Pentecost 24)

Lord God, our refuge and our strength, the author of all godliness: hear the devout prayers of Your Church, and grant that what we ask faithfully we may surely obtain; through Jesus Christ our Lord. AMEN.

The Twenty-Fourth Sunday after Trinity (Pentecost 25)

Lord God, we humbly ask You to absolve Your people from their sin so that through Your bountiful goodness we may be set free from the chains of those sins which in our weakness we have committed; grant this, heavenly Father, for the sake of Jesus Christ, our Lord and Savior. AMEN.

The Sunday before Advent (Pentecost 26)

Stir up the wills of Your faithful people, O Lord, so that we may produce abundantly the fruit of good works, and then by You be abundantly rewarded; through Jesus Christ our Lord. AMEN.

If there are any more Sundays before Advent the Collects for those Sundays after the Epiphany that were omitted are to be used. If there are fewer the surplus should be omitted providing that this Collect is always used on the Sunday before Advent.

