

ORDINARY TIME PART 1

DAILY PRAYER GUIDE
MAY 28 TO JULY 22 | 2023



TABLE OF CONTENTS

ORDINARY TIME 2023 | PART 1

Introduction.....	2
Week of May 28.....	4
Week of June 4.....	6
Week of June 11.....	8
Week of June 18.....	10
Week of June 25.....	12
Week of July 2.....	14
Week of July 8.....	16
Week of July 16.....	18
A Noontday Liturgy.....	20

Ordinary Time. On Pentecost Sunday, we remember the giving of the Holy Spirit as promised by Jesus Christ, and this marks the end of Easter and the start of Ordinary Time. Ordinary Time is the longest of the seasons, stretching all the way to Advent. This long season invites us to consider and participate the Holy Spirit's work to *order* and shape our lives and world by the love of Jesus Christ. In other words, this season reminds us that the story of Jesus Christ continues in us, his church, by the power of the Holy Spirit. The good news of the season is: Jesus is alive and the Holy Spirit is manifesting his life in his people! This is the season in which the story of Jesus becomes more real in the everyday contours of our lives as individuals and as a community.

Living By And In the Spirit. We sometimes talk about "tapping into the Spirit" as if the Holy Spirit is an impersonal power that comes closer if we can sing, pray, or read scripture just the right ways. It can't be said enough that the good news of Pentecost is that God is already close. In fact, the Holy Spirit, the third person of the Triune God, lives inside of all who believe in the name of Jesus Christ. As Paul says, we *are* temples of the Holy Spirit (1 Cor. 6:19). Not only that, God *has* lavished the riches of his grace on us (Eph. 1:7). The Holy Spirit is never far away, which means God and his mercy and grace in Jesus Christ are never far away! Alleluia!

In this light, we engage in spiritual rhythms and practices not to receive more of the Holy Spirit, but to become more attuned to the Spirit's abundant presence and current work in us to fill us with the resurrection life of Jesus Christ. This is critical. As Curt Thompson says, *we become what we are attuned to*. Through our practices, the Spirit works to open and fix our senses on God who is with us always. While the invitation to engage and become attuned is offered to us at all times, our hope is that we hear it in a fresh way in Ordinary Time.

A cornerstone of our attentiveness is our abiding in Jesus and his word (Jn. 15). As Luke 24 teaches, his word is not only what we find in the Gospel accounts, but in all of Scripture—all Scripture points to him! As we listen and abide, our faith grows and our eyes open to his presence in us and in the world (Rom. 10:15). As we listen and abide, we are better prepared to respond with prayer and acts of love (Heb. 10:15-25). As we abide, the Spirit bears the fruit of the Gospel in us and *reorders* our hearts, minds, and bodies accordingly. Again, we become what we are attuned to.

About The Guide and the Cycle of Scripture Readings. We offer this guide to help you abide and to become better attuned. This guide invites you to listen to Jesus, enjoy God's presence, and to respond morning and evening.

This rhythm is modeled after an ancient one that is rooted in Scripture (Ps. 4, 5). Different Christian traditions throughout the centuries have adopted this pattern and it is sometimes referred to as the Daily Office. Praying and abiding in this way reminds us that our days are to be ruled and framed by the love of God.

This guide offers Scripture readings taken from a lectionary used by many Christians around the world. The Reformers encouraged the reading and study of “the whole of Holy Scripture (or the greatest part thereof)” each year. So, in one year, this lectionary walks us through the Old Testament once, the Gospels and Acts twice (at Morning Prayer during the first part of the year, at Evening Prayer during the second part of the year), and the Epistles twice (in opposite pattern); Revelation is read once during Advent. This lectionary also takes us through all the Psalms every 60 days.

Each week, new prayers and reflections questions are offered in the mornings. Pay attention to the ways your hearts, minds, and bodies respond to the prayers and questions as they settle in slowly over the week. Pay attention to the way the Spirit might use the prayers and questions to draw you more deeply into fellowship with God and others. Prayers and questions stay the same every evening for the sake of simplicity.

Use this guide as you are able. Use all or parts of it. *Begin where you are* and let the Spirit grow and expand your practices and rhythms.

Being Ordered Together. Since we are bound together in Christ by the Holy Spirit, our spiritual practices and habits must be both individual and communal. Just as we set time aside for regular private devotion, we should set aside time to abide in God’s love with others. Our common life starts in Sunday worship and is nurtured in vital gatherings like our City Groups. But it doesn’t end there! Finding intentional and regular times with others outside your household to abide in God’s presence is necessary. This is true if you are in a household of one or many. This is true if you are an introvert or an extrovert.

We will all be here and there and everywhere over the coming summer months. Let’s find ways to stay connected, to pray, to share joys and heartache, and to be rooted in the love of our God as brothers and sisters in Christ.

May the Lord bless you and keep you! May the Spirit bear good fruit in you!

With great love for you all,

Pastor Marc Choi and the leaders of Grace Pasadena

Week of May 28 - Mornings

May 28 - Pentecost Sunday

Psalm 66
Deut. 29
Luke 15:11-end

May 29

Psalm 71
Deut. 30
Luke 16

May 30

Psalm 74
Deut. 31
Luke 17:1-19

May 31

Psalms 75, 76
Deut. 32 (1-10, 15-22, 39-52)
No Gospel reading

June 1

Psalm 78:1-18
Deut. 33
Luke 17:20-end

June 2

Psalm 78:41-73
Deut. 34
Luke 18:1-30

June 3

Psalm 81
Joshua 1
Luke 18:31-19:10

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

The Invitation

"In you, O Lord, do I take refuge; let me never be put to shame; in your righteousness deliver me!" — Ps. 31:1

What has been your refuge lately? How has God been inviting you to find refuge in him alone?

The Song of Response

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

The Confession

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

Listening to Words of Love

Read the Old Testament or Gospel reading, or both.

Abiding in Love

- Do you notice any themes, images, or words that tie today's Psalm and passages together?
- What invitations to "take up your cross" do you hear in today's passages?
- Pick a verse from that was meaningful to you. Consider setting your alarm at 12pm (or sometime in the early afternoon) for prayer. When the alarm goes off, take a few moments to sit with the verse. Take note of the ways the verse opens your eyes to God's presence with you.

Responding to Love and Closing Prayers

Spend a few moments savoring the words given to you by God today. Then, conclude with the Lord's Prayer or the following collect for the first week of Ordinary Time:

O God, who on this day taught the hearts of your faithful people by sending to them the light of your Holy Spirit: Grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in his holy comfort; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

May 28 - Pentecost Sunday

Psalms 70, 72
Acts 5:12-end

May 29

Psalm 73
Acts 6:1-7:16

May 30

Psalm 77
Acts 7:17-34

May 31

Psalms 79, 82
Acts 7:35-8:3

June 1

Psalm 78:19-40
Acts 8:4-25

June 2

Psalm 80
Acts 8:26-end

June 3

Psalm 83
Acts 9:1-31

Week of June 4 - Mornings

June 4

Psalms 84
Joshua 2
Luke 19:11-29

June 5

Psalms 86, 87
Joshua 3
Luke 19:29-end

June 6

Psalms 89:1-18
Joshua 4
Luke 20:1-26

June 7

Psalms 90
Joshua 5
Luke 20:27-21:4

June 8

Psalms 92, 93
Joshua 6
Luke 21:5-end

June 9

Psalms 95, 96
Joshua 7
Luke 22:1-38

June 10

Psalms 99, 100, 101
Joshua 8
Luke 22:39-53

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

The Invitation

"The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise." —Psalm 51:7

Do you feel brokenhearted this week? God welcomes you. Take a few moments to savor God's hearty embrace.

The Song of Response

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

The Confession

Our God in heaven, if you should mark iniquities, who could stand? We have stiffened our necks against your will, hardened our hearts to your Word, refused to hear your voice, pulled away from your loving embrace, despised correction, and forgotten you in our thoughts. Yes, we have sinned against you. Father, we repent. We come to Christ, who has promised rest for our souls. We take his yoke upon us. Grant that we may bring forth the fruits of repentance from sincere hearts, which are precious in your sight. In Jesus' Name we pray. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament or Gospel reading, or both.

Abiding in Love

- What words or images speak to any heartache you have this week? How might the Spirit be offering new hope healing through the words and images?
- What do you need to affirm or renounce to receive the Spirit's life more fully?

Responding to Love and Closing Prayers

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

Almighty God, you have given to us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity, and in the power of your divine Majesty to worship the Unity: Keep us steadfast in this faith and worship, and bring us at last to see you in your one and eternal glory, O Father; who with the Son and the Holy Spirit live and reign, one God, for ever and ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

June 4

Psalms 85
Acts 9:32-end

June 5

Psalms 88
Acts 10:1-23

June 6

Psalms 89:19-51
Acts 10:24-end

June 7

Psalms 92
Acts 11:1-19

June 8

Psalms 94
Acts 11:19-end

June 9

Psalms 97, 98
Acts 12:1-24

June 10

Psalms 102
Acts 12:24-13:12

Week of June 11 - Mornings

June 11

Psalms 103
(no OT reading)
Luke 22:54-end

June 12

Psalms 105:1-22
Joshua 9
Luke 23:1-25

June 13

Psalms 106:1-18
Joshua 10
(vv.1-27, 40-43)
Luke 23:26-49

June 14

Psalms 107:1-22
Joshua 14 (v5-15)
Luke 23:50-24:12

June 15

Psalms 108, 110
Joshua 22 (v7-31)
Luke 24:13-end

June 16

Psalms 111, 112
Joshua 23
Gal. 1

June 17

Psalms 115
Joshua 25 (v1-31)
Gal. 2

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

The Invitation

“Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!” —Ps. 143:10

Take a few moments to meditate on the phrase “level ground”. What ground are you on now?

The Song of Response

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

The Confession

Merciful Lord, we confess that with us there is an abundance of sin, but in you there is the fullness of righteousness and abundance of mercy. We are spiritually poor, but you are rich and in Jesus Christ came to be merciful to the poor. Strengthen our faith and trust in you. We are empty vessels that need to be filled; fill us. We are weak in faith; strengthen us. We are cold in love; warm us, and make our hearts fervent for you that our love may go out to one another and to our neighbors. Through Jesus Christ our Lord. **Amen.**
(silence)

Listening to Words of Love

Read the Old Testament or Gospel/NT reading, or both.

Abiding in Love

- What words or images of God’s wholeness do you hear?
- What words are “level ground” to you right now? Why?
- What promises of God’s restoration do you hear for you neighbors, city, and world? How might you carry these with you and bless others with them this week?

Responding to Love and Closing Prayers

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

Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

June 11

Psalm 104
Acts 13:13-43

June 12

Psalm 105:23-44
Acts 13:44-14:7

June 13

Psalm 106:19-46
Acts 14:8-end

June 14

Psalm 107:23-43
Acts 15:1-21

June 15

Psalm 109
Acts 15:22-35

June 16

Psalms 113,114
Acts 15:36-16:5

June 17

Psalms 116, 117
Acts 16:6-end

Week of June 18 - Mornings

June 18

Psalms 119:1-24
Judges 1 (vv1-21)
Galatians 3

June 19

Psalms 119:49-72
Judges 2 (vv6-23)
Galatians 4

June 20

Psalms 119:89-104
Judges 3 (vv.7-30)
Galatians 5

June 21

Psalms 119:89-104
Judges 4
Galatians 6

June 22

Psalms 118
Judges 5
(vv1-5, 19-31)
1 Thess. 1

June 23

Psalms 122, 123
Judges 6
(vv1,6,11-24, 33-40)
1 Thess. 2:1-16

June 24

Psalms 127, 128
(No OT or Epistle)

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

The Invitation

“Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!” —Ps. 37:7

As you come to prayer, do you notice any restlessness or envy? Take a few deep breaths, and be still a few moments.

The Song of Response

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

The Confession

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

Listening to Words of Love

Read the lesson from the OT or the Epistle, or both.

Abiding in Love

- Consider again any restlessness or envy you might have. What do today's passages unveil about them?
- What words of rest and contentment do you hear? With whom might you share them this week?
- *On Fri. or Sat.* Look back on the week. How has praying the same words (the psalm of invitation, the confession, and closing prayers) been? What challenges, encouragements or invitations have you noticed?

Closing Prayers

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

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

June 18

Psalm 119:25-48
Acts 17:1-15

June 19

Psalm 119:73-88
Acts 17:16-end

June 20

Psalm 119:105-128
Acts 18:1-23

June 21

Psalm 119:153-176
Acts 18:24-19:7

June 22

Psalms 120, 121
Acts 19:8-20

June 23

Psalms 124, 125, 126
Acts 19:21-end

June 24

Psalms 129, 130, 131
Acts 20:1-16

Week of June 25 - Mornings

June 25

Psalms 132, 133

Judges 7

(vv1-8, 16-25)

1 Thess. 4:1-12

June 26

Psalms 136

Judges 8 (vv4-23, 28)

1 Thess. 4:13-5:11

June 27

Psalms 139

Judges 9 (vv1-6, 22-

25, 43-56)

1 Thess. 5:12-end

June 28

Psalms 14-

Judges 10 (vv5-18)

2 Thess. 1

June 29

Psalms 144

2 Peter 3:14-end

2 Thess. 2

June 30

Psalms 146

Judges 11

(vv1-11, 29-40)

2 Thess. 3

July 1

Psalms 148

Judges 12

1 Cor. 1:1-25

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

The Invitation

“By the word of the Lord the heavens were made, and by the breath of his mouth all their host.” —Ps. 33:6

What words of new creation do you long to hear from God? Offer this desire to God and ask the Spirit to help you hear.

The Song of Response

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

The Confession

Lord, though you should guide us, we inform ourselves; though you should rule us, we control ourselves; though you should fulfill us, we console ourselves. We think your truth too high, your will too hard, your power too remote, your love too free. But they are not! And without them, we are of all people most miserable. Now heal our confused minds with your word, heal our divided wills with your law, heal our troubled consciences with your love, heal our anxious hearts with your presence. **Amen.** (*silence*)

Listening to Words of Love

Read the lesson from the OT or the Epistle, or both.

Abiding in Love

- What desires do today's words draw out of you? How might the Holy Spirit be using these desires to point you to God and God's ways of love?
- How might this week's prayer of confession resonate with the readings for today?

Closing Prayers

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

Almighty God, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. **Amen.**

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

June 25

Psalms 134, 135
Acts 20:17-end

June 26

Psalms 137, 138
Acts 21:1-16

June 27

Psalms 141, 142
Acts 21:17-36

June 28

Psalm 143
Acts 21:37-22:22

June 29

Psalm 145
Acts 22:23-23:11

June 30

Psalm 147
Acts 23:12-end

July 1

Psalm 149, 150
Acts 24:1-23

Week of July 2 - Mornings

July 2

Psalms 1, 2
Judges 13
1 Cor. 1:26-2 to end

July 3

Psalms 5, 6
Judges 14
1 Cor 3

July 4

Psalm 9
Judges 15
1 Cor. 4:1-17

July 5

Psalms 8, 11
Judges 16
1 Cor. 6

July 6

Psalms 12, 13, 14
Ruth 1
1 Cor. 7

July 7

Psalm 18:1-29
Ruth 2
1 Cor. 8

July 8

Psalm 19
Ruth 3
1 Cor. 9

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

The Invitation

“Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.”
—Ps. 23:6

Take a moment to consider the ways God has been chasing you with his goodness and mercy. How is God offering these to you now?

The Song of Response

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

The Confession

God of everlasting love, we confess that we have been unfaithful to our covenant with you and with one another. We have worshiped other gods: money, power, greed, and convenience. We have served our own self-interest. We have not loved our neighbor as you have commanded, nor have we rightly loved ourselves. Forgive us. **Amen.** (*silence*)

Listening to Words of Love

Read the lesson from the OT or the Epistle, or both.

Abiding in Love

- How might today's words shape your understanding of and hopes for community life?
- Pick a verse to memorize or mediate on for the day. Throughout the day, pay attention to what happens in your heart, mind, and body as you return to the verse.
- *For Fri. or Sat.* How has the experience of intentionally memorizing scripture been? How has your awareness of God's presence shifted or deepened?

Closing Prayers

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

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. **Amen.**

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

July 2

Psalms 3, 4
Acts 24:24-25:12

July 3

Psalm 7
Acts 25:13-end

July 4

Psalm 10
Acts 26

July 5

Psalms 15, 16
Acts 27

July 6

Psalm 17
Acts 28:1-15

July 7

Psalm 18:21-52
Acts 28:16-end

July 8

Psalms 20, 21
Philemon

Week of July 9 - Mornings

July 9

Psalm 22

Ruth 4

1 Cor. 9

July 10

Psalms 25

1 Samuel 1

1 Cor. 10

July 11

Psalm 26, 28

1 Samuel 2 (vv1-21)

1 Cor. 11

July 12

Psalms 29, 30

1 Samuel 3

1 Cor. 12

July 13

Psalm 34

1 Samuel 4

1 Cor. 13

July 14

Psalm 32, 36

1 Samuel 5

1 Cor. 14:1-19

July 15

Psalm 37:1-17

1 Samuel 6 (vv1-15)

1 Cor. 15:1-34

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

The Invitation

“O Lord, make me know my end and what is the measure of my days; let me know how fleeting I am!” —Ps. 39:4

Take a moment to consider your limits and the limitlessness of God. Is there anything that is keeping you from resting in God's limitlessness as you come to prayer?

The Song of Response

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

The Confession - from Ps. 51

Have mercy on us, O God, according to Your steadfast love, according to Your abundant mercy blot out our transgressions; wash us thoroughly from our iniquity, cleanse us from our sin. For we are well aware of our transgressions, our sins are constantly in mind. Against You, You alone, we have sinned and done what is evil in Your sight. God, create in us a clean heart, renew a right spirit within us. Restore to us the joy of Your salvation, uphold us with a willing spirit. Lord, open our lips, and our mouths will declare Your praise. **Amen.** *(silence)*

Listening to Words of Love

Read the lesson from the OT or the Epistle, or both.

Abiding in Love

- How might today's words make you aware of your limits and invite you to embrace your limits?
- What does today's reading reveal about your desires, intentions, and hopes for your daily work?

Closing Prayers

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

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. **Amen.**

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

July 9

Psalms 23, 24
1 Tim. 1:1-17

July 10

Psalms 27
1 Tim. 1:18 to 2-end

July 11

Psalm 31
1 Tim. 3

July 12

Psalm 33
1 Tim. 4

July 13

Psalm 35
1 Tim. 5

July 14

Psalm 38
1 Tim. 6

July 15

Psalm 37:18-41
Titus 1

Week of July 16 - Mornings

July 16

Psalms 40
1 Samuel 7
1 Cor. 15:1-34

July 17

Psalms 42, 43
1 Samuel 8
1 Cor. 15:35-end

July 18

Psalms 45
1 Samuel 9
1 Cor. 16

July 19

Psalms 47, 48
1 Samuel 10
2 Cor. 1:1-2:11

July 20

Psalms 40
1 Samuel 11
2 Cor. 4

July 21

Psalms 52, 53, 54
1 Samuel 12
2 Cor. 4

July 22

Psalms 56, 57
2 Cor. 5

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

The Invitation

"For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness." —Ps. 84:10

What do you need to set aside right now to be fully present to God and to enjoy his presence?

The Song of Response

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

The Confession

Go back to the opening invitation. Dwell on Ps. 84:10 and use the words to guide your confession today. What has kept you from dwelling and abiding in God? (silence)

Listening to Words of Love

Read the lesson from the OT or the Epistle, or both.

Abiding in Love

- How do today's words help you look back on the summer so far and recognize God's presence and leading?
- How might today's words shape your hopes and expectations for the rest of the summer?
- *On Fri. or Sat.* Look back on the week. If you journal, read through some of your entries. What do you notice? To what or whom might God be drawing your attention?

Lifting Burdens and Closing Prayers

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

Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Evenings

Opening Prayer

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

The Song of Response

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

The Confession

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

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

Listening to Words of Love

Read the selection from Acts or continue to dwell on the Psalm.

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

Closing Prayers

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

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. **Amen.**

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

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

July 16

Psalms 39, 41
Titus 2

July 17

Psalm 44
Titus 3

July 18

Psalm 46
2 Tim. 1

July 19

Psalm 49
2 Tim. 2

July 20

Psalm 51
2 Tim. 3

July 21

Psalm 55
2 Tim. 4

July 22

Psalms 58, 60
John 1:29-end

A Short Noonday Liturgy - Pausing to be Refreshed

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

Prayer Notes

