



PRAYER GUIDE | EASTERTIDE



R I S E N

FORMED BY RESURRECTION HOPE

Welcome

Liturgical Rhythms for Everyday Life

This prayer guide is offered with the hope that it will serve as a gentle companion in your walk with Jesus throughout the season of Eastertide.

This project is rooted in a simple conviction: we are formed not only by what we believe, but by what we practice. The habits we keep shape our desires, our attention, and ultimately our lives. As a church, we believe the rhythms of gathered worship are meant to spill over into the week—becoming patterns that form us into the likeness of Jesus.

Eastertide is a season of resurrection life and renewed hope. It invites us to lift our eyes, to live in the reality of what Christ has accomplished, and to begin practicing the new life he has given us. This is not a season of striving, but of learning to receive and walk in the power of the risen Christ—trusting that he is making all things new, including us.

Each day of this guide offers liturgically inspired practices—the same rhythms we engage together on Sundays, now extended into daily life. These aren't tasks to check off, but invitations to make space: for joy and gratitude, for deeper dependence on grace, and for growing attentiveness to God's presence as he continues his work of formation in us.

The Scripture readings follow the Revised Common Lectionary Daily Readings, used by churches around the world, with the Sunday page highlighting each sermon passage in bold. The readings from Monday through Wednesday reflect back on the previous Sunday's sermon, while the readings from Thursday through Saturday prepare us for the passage we will hear the following week.



Walking in New Life

This guide is meant to be flexible. Use it in the morning, evening, or whenever it fits naturally into your day. It can be used individually or with others. However you engage it, our prayer is that it helps you walk through Eastertide with joy and hope—learning to trust God’s faithfulness more deeply as he shapes us, often slowly and quietly, into the likeness of Christ.

For Families with Kids:

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

SUNDAY

April 5 | Easter Sunday

Psalm 118:1-2, 14-24

Jeremiah 31:1-6

Colossians 3:1-4

Matthew 28:1-10

April 12 | Easter 2

Psalm 16

Acts 2:14a, 22-32

1 Peter 1:3-9

John 20:19-31

April 19 | Easter 3

Psalm 116:1-4, 12-19

Acts 2:14a, 36-41

1 Peter 1:17-23

Luke 24:13-35

April 26 | Easter 4

Psalm 23

Acts 2:42-47

1 Peter 2:19-25

John 10:1-10

May 3 | Easter 5

Psalm 31:1-5, 15-16

Acts 7:55-60

1 Peter 2:2-10

John 14:1-14

May 10 | Easter 6

Psalm 66:8-20

Acts 17:22-31

1 Peter 3:13-22

John 14:15-21

May 17 | Easter 7

Psalm 68:1-10, 32-35

Acts 1:6-14

1 Peter 4:12-14; 5:6-11

John 17:1-11

May 24 | Pentecost Sunday

Psalm 104:24-34, 35b

Acts 2:1-21

1 Corinthians 12:3b-13

John 7:37-39

Call

Hear God call you to prayer through his word.

- 2 The LORD has made known his salvation;
he has revealed his righteousness in the sight of the nations.
3 He has remembered his steadfast love and faithfulness
to the house of Israel.

**All the ends of the earth have seen
the salvation of our God.**

(Psalm 98:2-3 ESV)

Reflect

Read and meditate on the psalm of the day.

Confess

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

**I, a poor sinful person, confess myself before you,
my Lord God and Maker, that sadly I have sinned
much, with my senses, thoughts, words, and deeds,
as you, eternal God, know very well. I regret them
and beg your grace. Amen.**

—Heinrich Bullinger (1504–1575)

Embrace

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

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

(Matthew 11:28-30 ESV)

Hear

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

Abide

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



Pray

Allow these words to shape your own requests to God.

My life is yours, O God; created by you, redeemed by you and mine again today, because you have remembered me. And now the calling of today is upon me, with its work and trial.... Let your blessing go with me into whatever it brings. I do not trust myself at all. I am afraid to live, unless you keep me. I am afraid to act or to speak, unless I am guided by you. Hold me today, that I may not leave your peace or fall into sin. Amen.

—Henry Wotherspoon (1850–1930)

Ask

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

Receive

Receive God's blessing on this day.

16 Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, 17 comfort your hearts and establish them in every good work and word.

(2 Thessalonians 2:16-17 ESV)

MONDAY

April 6

Psalm 118:1-2, 14-24
Exodus 14:10-31; 15:20-2
Colossians 3:5-11

April 13

Psalm 114
Judges 6:36-40
1 Corinthians 15:12-20

April 20

Psalm 134
Genesis 18:1-14
1 Peter 1:23-25

April 27

Psalm 100
Ezekiel 34:17-23
1 Peter 5:1-5

May 4

Psalm 102:1-17
Exodus 13:17-22
Acts 7:17-40

May 11

Psalm 93
Genesis 9:8-17
Acts 27:39-44

May 18

Psalm 99
Leviticus 9:1-11, 22-24
1 Peter 4:1-6

Call

Hear God call you to prayer through his word.

1 May God be gracious to us and bless us
and make his face to shine upon us, Selah
2 **that your way may be known on earth,
your saving power among all nations.**
(Psalm 67:1-2 ESV)

Reflect

Read and meditate on the psalm of the day.

Confess

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

O Lord, **have mercy upon us.**
O Christ, **have mercy upon us.**
O Spirit, **have mercy upon us.**
O God the Father in heaven, **we beseech you, hear us.**
O God the Son, Redeemer of the world, **we beseech you, hear us.**
O God the Holy Spirit, our Comforter, **we beseech you, hear us.**
Be gracious unto us. **Spare us, good Lord.**
Be gracious unto us. **Help us, good Lord.**
Be gracious unto us. **Save us, good Lord,**
from our sin, from our errors, from all evil.
Good Lord, deliver us.
Lord, have mercy upon us. Amen.
—Gregory the Great (540–604)

Embrace

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

4 In him was life, and the life was the light of men.
5 The light shines in the darkness, and the darkness
has not overcome it.
(John 1:4-5 ESV)

Hear

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

Abide

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



Pray

Allow these words to shape your own requests to God.

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

—Book of Common Prayer

Ask

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

Receive

Receive God's blessing on this day.

Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.

(2 Thessalonians 3:16 ESV)

TUESDAY

April 7

Psalm 118:1-2, 14-24
Exodus 15:1-18
Colossians 3:12-17

April 14

Psalm 114
Jonah 1:1-17
1 Corinthians 15:19-28

April 21

Psalm 134
Proverbs 8:32-9:6
1 Peter 2:1-3

April 28

Psalm 100
Ezekiel 34:23-31
Hebrews 13:20-21

May 5

Psalm 102:1-17
Proverbs 3:5-12
Acts 7:44-56

May 12

Psalm 93
Deuteronomy 5:22-33
1 Peter 3:8-12

May 19

Psalm 99
Numbers 16:41-50
1 Peter 4:7-11

Call

Hear God call you to prayer through his word.

2 Sing to the LORD, bless his name;
tell of his salvation from day to day.

3 **Declare his glory among the nations,
his marvelous works among all the peoples!**

(Psalm 96:2-3 ESV)

Reflect

Read and meditate on the psalm of the day.

Confess

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

I, poor sinner, confess myself before God Almighty, that I have gravely sinned by the transgression of his commandments; that I have done many things which I should have left undone, and I have left undone that which I should have done, through unbelief and distrust in God and weakness of love toward my fellow servants. God knows the guilt I have incurred, for which I am grieved. Be gracious to me, Lord. Be merciful to me, a poor sinner. Amen.

—Diebold Schwarz (1485–1561)

Embrace

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

1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.

(Romans 8:1-2 ESV)

Hear

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

Abide

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



Pray

Allow these words to shape your own requests to God.

O my God, my Lord, and Father, show unto my poor soul, that it may perceive that you are my rock, bulwark, shield, tower, treasure, defense, trust, help, refuge, protection, and goodness; that in this my great need and tribulation, I may through your godly grace have help and assistance against my adversaries, and be preserved forever. Lord, upon you do I trust; let me never be ashamed. Amen.

—Martin Luther (1483–1546)

Ask

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

Receive

Receive God's blessing on this day.

28 Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, 29 for our God is a consuming fire.

(Hebrews 12:28-29 ESV)

WEDNESDAY

April 8

Psalm 118:1-2, 14-24
Joshua 3:1-17
Matthew 28:1-10

April 15

Psalm 114
Jonah 2:1-10
Matthew 12:38-42

April 22

Psalm 134
Exodus 24:1-11
John 21:1-14

April 29

Psalm 100
Jeremiah 23:1-8
Matthew 20:17-28

May 6

Psalm 102:1-17
Proverbs 3:13-18
John 8:31-38

May 13

Psalm 93
Deuteronomy 31:1-13
John 16:16-24

May 20

Psalm 99
1 Kings 8:54-65
John 3:31-36

Call

Hear God call you to prayer through his word.

27 All the ends of the earth shall remember
and turn to the LORD,
and all the families of the nations
shall worship before you.

28 **For kingship belongs to the LORD,
and he rules over the nations.**

(Psalm 22:27-28 ESV)

Reflect

Read and meditate on the psalm of the day.

Confess

Confess your faith using these ancient words.

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

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

—The Apostles' Creed (second century)

Hear

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

Abide

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



Pray

Allow these words to shape your own requests to God.

Our Father in heaven, hallowed be your name

Thank God for who He is and His abundant faithfulness.

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

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

Give us this day our daily bread

Pray for God's daily provision in your life.

Forgive us our debts as we forgive our debtors

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

Lead us not into temptation

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

But deliver us from evil

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

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

Receive

Receive God's blessing on this day.

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.

(1 Corinthians 15:58 ESV)

THURSDAY

April 9

Psalm 16
Song of Solomon 2:8-15
Colossians 4:2-5

April 16

Psalm 116:1-4, 12-19
Isaiah 25:1-5
1 Peter 1:8b-12

April 23

Psalm 23
Exodus 2:15b-25
1 Peter 2:9-12

April 30

Psalm 31:1-5, 15-16
Genesis 12:1-3
Acts 6:8-15

May 7

Psalm 66:8-20
Genesis 6:5-22
Acts 27:1-12

May 14 | Ascension of the Lord

Psalm 93
Acts 1:1-11
Ephesians 1:15-23
Luke 24:44-53

May 21

Psalm 33:12-22
Exodus 19:1-9a
Acts 2:1-11

Call

Hear God call you to prayer through his word.

7 How precious is your steadfast love, O God!

The children of mankind take refuge in the shadow of your wings.

**9 For with you is the fountain of life;
in your light do we see light.**

(Psalm 36:7, 9 ESV)

Reflect

Read and meditate on the psalm of the day.

Confess

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

Lord Jesus Christ, you carry the lost sheep back into the fold in your arms, and deign to hear the confession of the publican—graciously remit all my guilt and sin. Lord, you hear the penitent thief, you have set a heritage of mercy for your saints, and have not withheld pardon from the sinner—hear the prayers of your servants according to your mercy. Amen.

—Wilhelm Loehe (1808–1872)

Embrace

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

17 Therefore, if anyone is in Christ, he is a new creation.

The old has passed away; behold, the new has come. 18

All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation;

(2 Corinthians 5:17-18 ESV)

Hear

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

Abide

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



Pray

Allow these words to shape your own requests to God.

O you who are full of compassion, I commit and commend myself unto you, in whom I am, and live, and know. Be the goal of my pilgrimage, and my rest by the way. Let my soul take refuge from the crowding turmoil of worldly thoughts beneath the shadow of your wings; let my heart, this sea of restless waves, find peace in you, O God. Amen.

—Augustine (354–430)

Ask

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

Receive

Receive God's blessing on this day.

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

(2 Corinthians 9:8 ESV)

FRIDAY

April 10

Psalm 16
Song of Solomon 5:9-6:3
1 Corinthians 15:1-11

April 17

Psalm 116:1-4, 12-19
Isaiah 26:1-4
1 Peter 1:13-16

April 24

Psalm 23
Exodus 3:16-22, 4:18-20
1 Peter 2:13-17

May 1

Psalm 31:1-5, 15-16
Exodus 3:1-12
Acts 7:1-16

May 8

Psalm 66:8-20
Genesis 7:1-24
Acts 27:13-38

May 15

Psalm 93
2 Kings 2:1-12
Ephesians 2:1-7

May 22

Psalm 33:12-22
Exodus 19:16-25
Romans 8:14-17

Call

Hear God call you to prayer through his word.

9 All the nations you have made shall come
and worship before you, O Lord,
and shall glorify your name.

10 **For you are great and do wondrous things;
you alone are God.**

(Psalm 86:9-10 ESV)

Reflect

Read and meditate on the psalm of the day.

Confess

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

**O merciful Father, regard not what we have done against
you, but what our blessed Savior has done for us. Regard not
what we have made ourselves; but what he is made unto us of
you, our God. O that Christ may be to every one of our souls,
wisdom and righteousness, sanctification and redemption!
That his precious blood may cleanse us from all our sins;
and that your Holy Spirit may renew and sanctify our souls.**

—John Wesley (1703–1791)

Embrace

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

13 He has delivered us from the domain of darkness and
transferred us to the kingdom of his beloved Son, 14 in
whom we have redemption, the forgiveness of sins.
(Colossians 1:13-14 ESV)

Hear

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

Abide

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



Pray

Allow these words to shape your own requests to God.

O God, you instruct us by your Holy Scriptures—we urge you by your grace to enlighten our minds and cleanse our hearts; that reading, hearing, and meditating upon them, we may rightly understand and heartily embrace the things you have revealed in them. Give efficacy to the reading of the gospel in your Word, that through the operation of the Holy Spirit, this holy seed may be received into our hearts as into good ground; and that we may not only hear your Word but keep it, living in conformity with your precepts; so that we may finally attain everlasting salvation, through Jesus Christ our Lord. Amen.

—Waldensian Liturgy (sixteenth century)

Ask

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

Receive

Receive God's blessing on this day.

15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. 16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

(Colossians 3:15-17 ESV)

SATURDAY

April 11

Psalm 16
Song of Solomon 8:6-7
John 20:11-20

April 18

Psalm 116:1-4, 12-19
Isaiah 25:6-9
Luke 14:12-14

April 25

Psalm 23
Ezekiel 34:1-16
Luke 15:1-7

May 2

Psalm 31:1-5, 15-16
Jeremiah 26:20-24
John 8:48-59

May 9

Psalm 66:8-20
Genesis 8:13-19
John 14:27-29

May 16

Psalm 93
2 Kings 2:13-15
John 8:21-30

May 23

Psalm 33:12-22
Exodus 20:1-21
Matthew 5:1-12

Call

Hear God call you to prayer through his word.

15 Nations will fear the name of the LORD,
and all the kings of the earth will fear your glory.

16 For the LORD builds up Zion;

he appears in his glory;

(Psalm 102:15-16 ESV)

Reflect

Read and meditate on the psalm of the day.

Confess

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

O Almighty and merciful Father, you pour your benefits upon us—forgive the unthankfulness with which we have requited your goodness. We have remained before you with dead and senseless hearts, unkindled with love of your gentle and enduring goodness. Turn us, O merciful Father, and so shall we be turned. Make us with our whole heart to hunger and thirst after you, and with all our longing to desire you. Amen.

—Anselm (1033–1109)

Embrace

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

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,

(1 Peter 1:3 ESV)

Hear

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

Abide

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



Pray

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

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

Ask

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

Receive

Receive God's blessing on this day.

24 Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, 25 to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

(Jude 1:24-25 ESV)

About Grace Pasadena

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

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

Mission

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

Vision

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

We Live This Out

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

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



