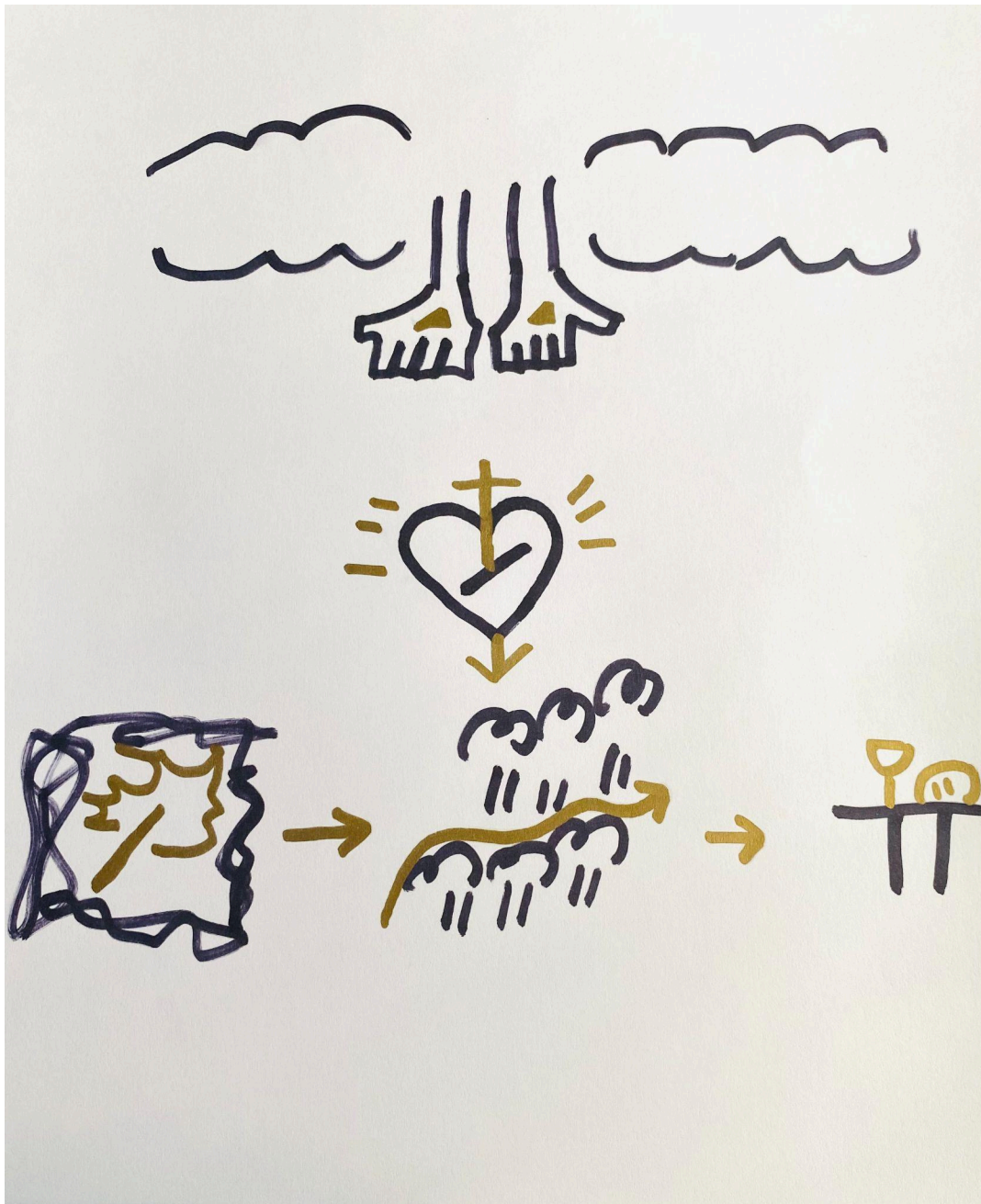


THE EMMAUS MANUAL:

A RULE OF LIFE

A SIMPLE LIFE WITH THIS GOOD NEWS



INSTRUCTIONS

What is the Gospel? And how do we live as if it's true?

The Gospel is the Good News of who Christ is, what Christ has done, and what it means for us.

The Good News that Jesus Christ is Lord and Savior.

The Good News that Christ has died, Christ is risen, and Christ will come again.

The Good News that the Forgiveness of Sins and the Gift of the Holy Spirit has been offered in His Name.

This Good News comes to us through the words of Scripture, both the Old Testament promise of a New Heart, a Good King, and Return Home, and in the New Testament announcement that those promises are fulfilled in the person and work of Jesus Christ.

We would say this Good News is not just information. It is the Light that reveals Him and the Bread by which he gives Himself to us.

If this Good News is Bread and Light, then what we want is a simple life with this Good News. A simple life of eating Bread, seeing Light, receiving Mercy.

This Good News works through the power of the Holy Spirit and for the building of His Fellowship. That is: Christ is with us by His Word, through His Spirit, and in His Fellowship.

We are cleansed and presented by this Good News. And this Good News that rescues our trust in Him, shepherds our attention toward Him, and gives us to each other in His Name. That is, Good News gives us a New Heart. A New Heart of faith, hope, and love.

This Good News is pictured with the hands of the Ascended Christ offering himself to us, and this New Heart is pictured with a shining heart with a cross going through it.

This Good News—this Mercy, Bread and Light—cannot change, but continues to change us.

We continue to be changed by News that cannot change. And the change is a deeper trust in Christ himself, by His Word, through His Spirit, in His Fellowship.

Again, If this is what Good News does, then what we want is a life with this Good News. *Our life with this Good News is a simple rhythm of Scripture, prayer, and service.*

Since this Good News comes to us through the words of Scripture, both the OT promises of a Good King, a Return Home, and a New Heart, and the NT announcements that these promises are met in Christ, the simple rhythm is built on the words and the promises of Scripture.

If Good News is about Jesus: who He is, what He's done, what it means for us: then we can say that by the words of Scripture we receive Him, in the attempt of prayer we stay with Him and the sacrifice of service we work with Him.

This simple rhythm of Scripture, prayer, and service means that every day is about being with Him: receiving Him by hearing, staying with Him through prayer, working with Him as an

offering. There may be a million things going on inside us and outside us by there's only one person we're with (Jesus) and one way we're headed (from hearing through prayer toward offering). Because every day is about the same things, every day is the same kind of day. Although Christ unites himself to us once for all, the Christian life is one of continually receiving him by His Word. Christ reveals Himself, and gives Himself to us again and again by His Word through His Spirit, and in His Fellowship. And this Good News comes to us through the words of Scripture.

This life, this simple rhythm, based in the promises of Scripture, is the operation of the Holy Spirit: the one who makes this News living and active. The One makes it possible to believe this News and somehow live as if it were true.

This Simple Rhythm, this life with His Good News, is also *a long slow walk with His Spirit*. Who deepens our trust in Christ and leads us each day from *hearing, through prayer, toward what we offer*.

Again, a note on each:

To hear is to trust in Christ by His Gospel. To be rescued by His Gospel is to die with Him.

To pray is to trust Him with things through His Spirit. To be led by His Spirit is to rise with Him.

To offer is to entrust ourselves to others in His Name and for the building of His Fellowship. To given to His Fellowship is to share in the joy of His Return.

Hearing, prayer, and offering are not really separate. They are all based in hearing. Trusting Him, we trust Him with things. Trusting Him with things, we entrust ourselves to other. It is in hearing we learn to pray, and it is in prayer that we learn to offer.

This life, this Simple rhythm, this same kind of day, this long slow walk, is based on the Emmaus Story, one of the most famous post-resurrection stories in the Gospel of Luke, where Christ comes alongside the disciples, *giving them the Good News through the Scriptures (hearing), walking with them as they ask questions and beg Him to stay with them (prayer), and being with them as they cook a meal for him (offering)*. With this passage, Christ shows us the walk we'll take with Him each day by His Word through His Spirit and in His Fellowship, leading us from hearing through prayer toward offering. Receiving Him, staying with Him, working with Him.

This Simple rhythm of scripture, prayer, and service is also called *a rule of life*. The point of this rule of life, is to help people—especially those who struggle—learn how to be with Jesus each day: to receive Him by hearing, staying with Him through prayer, and work with Him as an offering. A rule of life helps us learn to withstand pride and lies, endure trouble and loss, and overcome chaos and despair *by being with Christ: to withstand by hearing, to endure through prayer, and to overcome as an offering*. This rule of life can also be thought of as “the good undertow of Word, Spirit, and Fellowship,” leading us out of pride and lies, through trouble and loss, toward meaning and rest. Leading us from hearing through prayer toward offering.

A sample Rule of Life, called *the Emmaus Manual*, is offered here. There are four cycles of receiving him, staying with him, working with him. In the *morning, afternoon, evening, and bedtime*.

First, we receive him by **hearing the promises of Scripture**: Good News comes to us through the words of Scripture. We do a short liturgy that organizes scriptures a certain way to help our scattered minds to trust in Christ as we hear this Good News: who He Is, what He's Done; what it means. *Again the Good News is that Christ is Lord and Savior, that He has died, risen, and will come again and that the forgiveness of sins and the gift of the Holy Spirit has been offered in His Name* . You'll see a golden torch in the fog to remind us that *as we hear, we hold out the Light of His News (the torch) to withstand pride and lies (the fog)*.

Next, we *stay with Him through* **the attempt of prayer**. We do guided prayers to help our scattered minds trust Christ with things through the power of His Spirit. You'll see *a golden path winding through a forest*, to remind us that *as we pray, we follow the Thread of His Way we endure all the trouble and loss*

Last, we work with Him as **the offering of an ordinary hospitality to ourselves and others**. This guide offer a "Lectionary of Service," that simply tracks daily offerings to self and others. Christ uses our offerings to gather His people to Himself. You'll see a golden banquet to remind us that when we offer, *we head toward the Feast For His People. The Feast of meaning and rest*.

As we do those things, the Emmaus Manual offers liturgies (scriptures and prayer organized for the scattered mind) to help us.

These liturgies guide us in this Simple Life with His Good News: receiving Him, staying with Him, working with Him. That is, the liturgies are like a handrail for this "good undertow" and help us hear the promises of Scripture, make the attempt of prayer, and do an ordinary hospitality.

And each liturgy has 3 parts or steps.

For the promises of Scripture: 1) Confession 2) Readings 3) Petitions

For the attempt of prayer: 1) meditation 2) intercession 3) hymn or anthem

For an ordinary Hospitality: 1) taking care 2)having fun 3) working on

The Emmaus Manual is read straight through like a novel, going from one heading to the next. Some of the headings have choices based on the day of the week, and these are in italics. There are portions of the liturgy that are in bold so that people may do the Emmaus Manual as a group, with a leader reading and others reading the bold sections to form a call and response.

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A PRAYER BEFORE BEGINNING EACH DAY

Gracious God and most merciful Father,
 you have granted us the rich and precious jewel of your holy Word:
 Assist us with your Spirit, that the same Word
 may be written in our hearts to our everlasting comfort,
 to reform us, to renew us according to your own image,
 to build us up and edify us into the perfect dwelling place of your
 Christ, sanctifying and increasing in us all heavenly virtues;
 grant this, O heavenly Father, for Jesus Christ’s sake. **Amen.**

FOR ENCOURAGEMENT TO KEEP WALKING

MONDAY

O send out your light and your truth, that they may lead me,
and bring me to your holy hill and to your dwelling PSALM 43:3

He himself bore our sins in his body on the tree,
that we might die to sin and live to righteousness.
By his wounds you have been healed.
For you were straying like sheep, but have now returned
to the Shepherd and Overseer of your Souls.

TUESDAY

One thing I have desired of the Lord, one thing I seek,
That I may dwell in the house of the Lord all the days of my life.
To behold the fair beauty of the Lord and to seek him in His temple.

If then you have been raised with Christ,
seek the things that are above, where Christ is, seated at the right hand of God.
Set your minds on things that are above, not on things that are on earth.
For you have died, and your life is hidden with Christ in God.
When Christ who is your ^[a] life appears,
then you also will appear with him in glory.

WEDNESDAY

But you have come to Mount Zion
And to the city of the living God, the heavenly Jerusalem
And to the innumerable angels in festal gathering
And to the assembly of the firstborn
Who are enrolled in heaven,
And to God, the judge of all
And to the spirits of the righteous made perfect,
And to Jesus the mediator of a new covenant.
And to the sprinkled blood that speaks a better word
Than the blood of Abel.

To him who is able to keep you from stumbling,
And to present you blameless before the presence of his glory
with great joy.

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.

THURSDAY

And you, who once were alienated and hostile in mind,
doing evil deeds, he has now reconciled
in his body of flesh by his death,
in order to present you holy and blameless
and above reproach before him,
if indeed you continue in the faith, stable and steadfast,
not shifting from the hope of the gospel that you heard,
which has been proclaimed in all creation under heaven,
and of which I, Paul, became a minister.

FRIDAY

Blessed be the God and Father of our Lord Jesus Christ,
who has blessed us in Christ with every spiritual blessing
in the heavenly places, even as he chose us in him
before the foundation of the world,
that we should be holy and blameless before him.
In love he predestined us for adoption to himself
as sons through Jesus Christ, according to the purpose of his will,
To the praise of his glorious grace,
with which he has blessed us in the Beloved.
In him we have redemption through his blood,
the forgiveness of our trespasses, according to the riches of his grace,
which he lavished upon us, in all wisdom and insight
making known to us the mystery of his will,
according to his purpose, which he set forth in Christ
as a plan for the fullness of time,
to unite all things in him, things in heaven and things on earth.

In you also, when you heard the word of truth,
We sealed with the promised Holy Spirit,
Who is the guarantee of our inheritance
Until we acquire possession of it,
To the praise of his glory.

SATURDAY

And he came and preached peace to you who were far off
and peace to those who were near.
For through him we both have access in one Spirit to the Father.
So then you are no longer strangers and aliens,
but you are fellow citizens with the saints
and members of the household of God,
built on the foundation of the apostles and prophets,
Christ Jesus himself being the cornerstone,
in whom the whole structure, being joined together,
grows into a holy temple in the Lord.
In him you also are being built together
into a dwelling place for God by the Spirit.

SUNDAY

Now may the God of peace who brought again from the dead
our Lord Jesus, the great shepherd of the sheep,
By the blood of the eternal covenant,
Equip you with everything good that you may do his will.
Working in us that which is pleasing in his sight,
through Jesus Christ, to whom be glory forever and ever.
Therefore, since we are surrounded by so great a cloud of witnesses,
let us also lay aside every weight, and sin which clings so closely,
and let us run with endurance the race that is set before us,
looking to Jesus, the founder and perfecter of our faith,
who for the joy that was set before him endured the cross,
despising the shame, and is seated
at the right hand of the throne of God

I. PRIME *the promises of Scripture for the morning*

1. CONFESSION

OPENING ACCLAMATION

I waited patiently for the LORD;

he inclined to me and heard my cry.

He drew me up from the pit of destruction,
out of the miry bog, and set my feet upon a rock,
making my steps secure.

He put a new song in my mouth,
a song of praise to our God.

Many will see and fear, and put their trust in the LORD.

Blessed is the man who makes the LORD his trust. PSALM 40:1-11

OPENING PRAYER

Heavenly Father, you have made us for yourself,

and our hearts are restless until they rest in you:

Look with compassion upon the heartfelt desires of your servants,
and purify our disordered affections,

that we may behold your eternal glory in the face of Christ Jesus;

who lives and reigns with you and the Holy Spirit,

one God, for ever and ever. Amen.

COLLECT FOR PURITY

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 Jesus Christ our Lord. **Amen.**

CONFESSION OF CHRIST

Since then we have a great high priest
who has passed through the heavens,
Jesus, the Son of God, let us hold fast our confession.
For we do not have a high priest
who is unable to sympathize with our weaknesses,
but one who in every respect
has been tempted as we are, yet without sin.
Let us then with confidence draw near
to the throne of grace,
that we may receive mercy and find grace to help in time of need.

CONFESSSION OF SIN

Let us humbly confess our sins to almighty God.
Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have erred and strayed from your ways
Like lost sheep.
We have not loved you with our whole heart;

**we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son our Lord Jesus Christ,
have mercy upon us, forgive us our sins,
and by the power of your Holy Spirit
raise us up to serve you in newness of life,
to the glory of your Name. Amen.**

REQUEST FOR ABSOLUTION

Grant to your faithful people, merciful Lord,
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.**

Grant us true repentance, amendment of life

And the grace and consolation of your Holy Spirit.

According to your Holy Word. **Amen.**

ASSURANCE OF PARDON

Hear the Word of God to all who truly turn to Him:

“If we say we have no sin,

we deceive ourselves, and the truth is not in us.

If we confess our sins,

He is faithful and just to forgive us our sins

and to cleanse us from all unrighteousness.” *1JOHN 1:8-9*

2. READINGS

THE PSALMS

MONDAY

When I was in trouble I called upon the Lord,
and he hearkened to my calling.

Deliver my soul, O Lord, from lying lips
and from a deceitful tongue.

What reward shall be given or done unto you, o false tongue?

Even mighty and sharp arrows, with hot burning coals.

Woe is me, that I am constrained to dwell in Meshech,
and to have my habitation among the tents of Kedar.

My soul has long dwelt among those who are enemies of peace.

I labor for peace, but when I speak to them of it,
they make themselves ready for battle. 120

TUESDAY

I will lift up my eyes unto the hills;
from whence comes my help?

My help comes from the Lord,
who has made heaven and earth.

He will not let your foot be moved,
and he who keeps you will not sleep.

Behold, he who keeps Israel shall neither slumber nor sleep.

The Lord himself is your keeper;
the Lord is your defense upon your right hand,
So that the sun shall not burn you by day,

neither the moon by night.

The Lord shall preserve you from all evil;
indeed, it is he who shall keep your soul.

The Lord shall preserve your going out and your coming in,
from this time forth for evermore. 121

WEDNESDAY

I was glad when they said unto me,

“We will go into the house of the Lord.”

Now our feet are standing within your gates, O Jerusalem.

Jerusalem is built as a city that is at unity in itself.

For there the tribes go up, even the tribes of the Lord,
as was decreed for Israel,

to give thanks unto the Name of the Lord.

For there is the throne of judgment,
even the throne of the house of David.

O pray for the peace of Jerusalem; they shall prosper that love you.

Peace be within your walls and plenteousness within your palaces.

For my brethren and companions' sakes,

I will wish you prosperity.

Indeed, because of the house of the Lord our God,

I will seek to do you good. 122

THURSDAY

Unto you I lift up my eyes, you who are enthroned in the heavens.

Behold, as the eyes of servants look to the hand of their masters,

and as the eyes of a maiden to the hand of her mistress,

Even so our eyes wait upon the Lord our God,

until he show us his favor.

Have mercy upon us, O Lord, have mercy upon us,
for we have suffered more than enough contempt.
Long has our soul suffered the scorn of the wealthy
and the spitefulness of the proud. 123

FRIDAY

If the Lord himself had not been on our side,
now may Israel say:
if the Lord himself had not been on our side,
when men rose up against us,
Then would they have swallowed us up alive,
when they were so wrathfully displeased with us;
Then the waters would have drowned us,
and the torrent gone over us;
then the raging waters would have gone clean over us.
But praised be the Lord,
who has not given us over to be prey for their teeth.
We escaped like a bird out of the snare of the fowler;
the snare is broken, and we have been delivered.
Our help is in the Name of the Lord,
the maker of heaven and earth. 124

SATURDAY

How shall a young man cleanse his way?
By ruling himself according to your word.
With my whole heart I have sought you;
O let me not go astray from your commandments.

Your words have I hidden within my heart,
that I may not sin against you.
Blessed are you, O Lord; teach me your statutes.
With my lips have I been telling
of all the judgments of your mouth.
I have had greater delight in the way of your testimonies
than in all manner of riches.
I will meditate on your commandments
and have respect for all your ways.
My delight will be in your statutes,
and I will not forget your word. 119: 9-16

SUNDAY

My soul cleaves to the dust;
O revive me, according to your word
I have acknowledged my ways, and you heard me;
O teach me your statutes.
Make me to understand the way of your commandments,
and so shall I meditate on your wondrous works.
My soul melts away for heaviness;
comfort me according to your word.
Take from me the way of lying,
and graciously teach me your law.
I have chosen the way of truth,
and your judgments have I set before me.
I hold fast to your testimonies;
O Lord, let me not be put to shame.

I will run the way of your commandments
when you enlarge my heart with understanding. 119:25-32

After the Psalm

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

LESSONS FROM SCRIPTURE

MONDAY

For the love of Christ controls us,
because we have concluded this:
that one has died for all, therefore all have died;
and he died for all,
that those who live might no longer live for themselves
but for him who for their sake died and was raised.
From now on, therefore, we regard no one according to the flesh.
Even though we once regarded Christ according to the flesh,
we regard him thus no longer.
Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come.
All this is from God,
who through Christ reconciled us to himself
and gave us the ministry of reconciliation;
that is, in Christ God was reconciling the world to himself,

not counting their trespasses against them,
and entrusting to us the message of reconciliation.
Therefore, we are ambassadors for Christ,
God making his appeal through us.
We implore you on behalf of Christ, be reconciled to God.
For our sake he made him to be sin who knew no sin,
so that in him we might become the righteousness of God

TUESDAY .

But God, being rich in mercy, because of the great love
With which he loved us, even when we were dead in our trespasses
Made us alive together with Christ—by grace you have been saved—
And raised us up with him and seated us with him
In the heavenly places in Christ Jesus,
So that in the coming ages he might show the immeasurable riches
Of his grace in kindness toward us in Christ Jesus.
For by grace you have been saved through faith.
And this is not your own doing; it is the gift of God,
Not as a result of works, that no one may boast.
For we are his workmanship,
created in Christ Jesus for good works,
Which God prepared beforehand, that we should walk in them.
Remember that you were at that time separated from Christ,
Alienated from the commonwealth of Israel
And strangers to the covenant of promise, having no hope
And without God in the world.
But now in Christ Jesus you who once were far off

Have been brought near by the blood Christ.
For he himself is our peace, who has made us both one
And has broken down in his flesh the dividing wall of hostility
By abolishing the law of commandments expressed in ordinances,
That he might create in himself one new man in the place of two,
So making peace, and might reconcile us both to God
In one body through the cross, thereby killing the hostility.

WEDNESDAY

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,
To an inheritance that is imperishable, undefiled, and unfading,
kept in heaven for you, who by God's power
Are being guarded through faith for a salvation
Ready to be revealed in the last time.
In this you rejoice, though now for a little, if necessary,
You have been grieved by various trials,
So that the tested genuineness of your faith—
More precious than gold that perishes though it is tested by fire—
May be found to result in praise and glory and honor
At the revelation of Jesus Christ.
Though you have not seen him, you love him.
Though you do not now see him, you believe in him,
And rejoice with joy that is inexpressible and filled with glory
Obtaining the outcome of your faith, the salvation of your souls.

THURSDAY

He has delivered us from the domain of darkness
and transferred us to the kingdom of his beloved Son,
in whom we have redemption, the forgiveness of sins.
He is the firstborn of all creation.
For by him all things were created, in heaven and on earth
Visible and invisible, whether thrones or dominions
Or rulers and authorities—
all things were created through him and for him .
And he is before all things, and in him all things hold together.
And he is the head of the body, the church.
He is the beginning, the firstborn from the dead,
That in everything he might be preeminent.
For in him all the fullness of God was pleased to dwell,
And through him to reconcile to himself all things,
Whether on earth or in heaven,
Making peace by the blood of his cross. *COLOSSIANS 1:13-14*

FRIDAY

John answered them, “I baptize with water,
But among you stands one you do not know,
Even, he who comes after me, the strap of whose sandal
I am not worthy to untie.”
These things took place in Bethany across the Jordan,
Where John was baptizing.
The next day he saw Jesus coming toward him and said,
“Behold, the Lamb of God, who takes away the sin of the world.

This is he of whom I said, 'After me comes a man
Who ranks before me, because he was before me'
I myself did not know him, but for this purpose
I came baptizing with water, that he might be revealed to Israel."
And John bore witness: "I saw the Spirit descend from heaven
Like a dove, and it remained on him. I myself did not know him,
But he who sent me to baptize with water said to me,
"He on whom you see the Spirit descent and remain, this is he
Who baptizes with the Holy Spirit.
And I have seen and have borne witness
that this is the Son of God."
The next day again John was standing with his two disciples,
And he looked at Jesus as he walked by and said,
"Behold, the Lamb of God!" JOHN 1:29

SATURDAY

Therefore, as you received Christ Jesus the Lord,
So walk in him, rooted and built up in him,
And established in the faith,
Just as you were taught, abounding in thanksgiving.
See to it that no one takes you captive
By philosophy and empty deceit, according to human tradition,
According to the elemental spirits of the world,
And not according to Christ.
For in him the whole fullness of deity dwells bodily,
And you have been filled in him,
Who is the head of all rule and authority.
In him you also were circumcised with a circumcision

Made without hands, by putting off the body of flesh,
By the circumcision of Christ,
Having been buried with him in baptism,
In which you were also raised with him through faith,
In the powerful working of God,
Who raised him from the dead.
And you, who were dead in your trespasses
And the uncircumcision of your flesh,
God made alive together with him,
Having forgiven us all our trespasses,
By canceling the record of debt that stood against us
With its legal demands.
This he set aside, nailing it to the cross.
He disarmed the rulers and authorities,
And put them to open shame,
By triumphing over them in him. *COLOSSIANS 3:1-4*

SUNDAY

And they were on the road, going up to Jerusalem,
and Jesus was walking ahead of them.
And they were amazed, and those who followed were afraid.
And taking the twelve again, he began to tell them
what was to happen to him, saying,
“See, we are going up to Jerusalem,
and the Son of Man will be delivered over to the chief priests
and the scribes, and they will condemn him to death
and deliver him over to the Gentiles.

And they will mock him and spit on him,
and flog him and kill him. And after three days he will rise.”

And Jesus called them to him and said to them,
“You know that those who are considered rulers of the Gentiles
lord it over them, and their great ones exercise authority over them.
But it shall not be so among you.

But whoever would be great among you must be your servant,
and whoever would be first among you must be slave of all.
For even the Son of Man came not to be served but to serve,
and to give his life as a ransom for many.”

And they came to Jericho. And as he was leaving Jericho
with his disciples and a great crowd,
Bartimaeus, a blind beggar, the son of Timaeus,
was sitting by the roadside.

And when he heard that it was Jesus of Nazareth,
he began to cry out and say,

“Jesus, Son of David, have mercy on me!”

And many rebuked him, telling him to be silent.

But he cried out all the more,

“Son of David, have mercy on me!”

And Jesus stopped and said, “Call him.”

And they called the blind man, saying to him,

“Take heart. Get up; he is calling you.”

And throwing off his cloak, he sprang up and came to Jesus.

And Jesus said to him, “What do you want me to do for you?”

And the blind man said to him, “Rabbi, let me recover my sight.”
And Jesus said to him, “Go your way; your faith has made you well.”
And immediately he recovered his sight
and followed him on the way.

After the lesson,

The Word of the Lord

Thanks be to God.

CANCTICLES *a set prayer for the day, choose one or more after the Lesson*

MONDAY/WEDNESDAY/FRIDAY

Blessed be the Lord, the God of Israel;

he has come to his people and set them free.

He has raised up for us a mighty savior,

born of the house of his servant David.

Through his holy prophets he promised of old,

that he would save us from our enemies,

from the hands of all who hate us.

He promised to show mercy to our fathers

and to remember his holy covenant.

This was the oath he swore to our father Abraham,

to set us free from the hands of our enemies,

Free to worship him without fear,

holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High,

for you will go before the Lord to prepare his way,

To give his people knowledge of salvation

by the forgiveness of their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace. *THE SONG OF ZECHARIAH Luke 1: 68-79*

TUESDAY/ THURSDAY

Arise, shine, for your light has come,
and the glory of the Lord has dawned upon you.
For behold, darkness covers the land;
deep gloom enshrouds the peoples.
But over you the Lord will rise,
and his glory will appear upon you.
Nations will stream to your light,
and kings to the brightness of your dawning.
Your gates will always be open;
by day or night they will never be shut.
They will call you the City of the Lord,
The Zion of the Holy One of Israel.
Violence will no more be heard in your land,
ruin or destruction within your borders.
You will call your walls, Salvation,
and all your portals, Praise.
The sun will no more be your light by day;
by night you will not need the brightness of the moon.
The Lord will be your everlasting light,
and your God will be your glory *THIRD SONG OF ISAIAH*

SATURDAY/SUNDAY

Splendor and honor and kingly power

are yours by right, O Lord our God,

For you created everything that is,

and by your will they were created and have their being;

And yours by right, O Lamb that was slain,

for with your blood you have redeemed for God,

From every family, language, people, and nation,

a kingdom of priests to serve our God.

And so, to him who sits upon the throne, and to Christ the Lamb,

Be worship and praise, dominion and splendor,

for ever and for evermore. *REVELATION 4:11, 5:9-10, 13*

APOSTLES' CREED *a summary of Scripture,*

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 Holy Spirit
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

He descended to the dead.

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 catholic Church, the communion of saints,
the forgiveness of sins, the resurrection of the body,
and the life everlasting. Amen.**

3.PETITIONS

Lord, have Mercy

Christ, have Mercy

Lord, have Mercy

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

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

SUFFRAGES

Save your people, Lord, and bless your inheritance;

Govern and uphold them, now and always.

Day by day we bless you;

We praise your name for ever.

Lord, keep us from all sin today;

Have mercy upon us, Lord, have mercy.

Lord, show us your love and mercy;

For we put our trust in you.
In you, Lord, is our hope;
Let us never be put to shame.

PRAYER OF THE DAY

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

O God our king,
by the resurrection of your Son, Jesus Christ, from the dead,
You conquered Sin, put death to flight,
And gave us the hope of everlasting life.
Redeem all our days by this victory.
Forgive us our sins, banish our sins
Make us bold to praise you, and to do your will.
And steel us to wait for the consummation of your kingdom
On the last great day. **Amen.**

FRIDAY

Almighty God,
our strong tower of defense in time of trouble:
We offer you praise and heartfelt thanks for our deliverance
from the dangers which lately surrounded us
and for your gracious gift of peace.
We confess that your goodness alone has preserved us;

and we ask you still to continue your mercies toward us,
that we may always know and acknowledge you
as our Savior and mighty Deliverer;
through Jesus Christ our Lord. **Amen.**

SATURDAY

O Lord, who sees that we put not our trust
In anything we do: mercifully grant
That by thy power we may be defended
against all adversity, through Jesus Christ our Lord. **Amen.**

SUNDAY

Almighty God, who, after the creation of the world,
Rested from all your works,
And sanctified a day of rest for all your creatures,
Grant that we, putting away all earthly anxieties,
May be duly prepared for the service of your sanctuary
And that our rest here upon earth
May be a preparation for eternal rest
Promised to your people in heaven.
Through Jesus Christ our Lord. **Amen.**

PRAYER FOR MISSION

Lord Jesus Christ,
you stretched out your arms of love
on the hard wood of the Cross
that everyone might come within the reach
of your saving embrace:
So clothe us in your Spirit
that we, reaching forth our hands in love,
may bring those who do not know you
to the knowledge and love of you;
for the honor of your Name. **Amen.**

CLOSING PETITION

Heavenly Father,
you have promised to hear what we ask
in the Name of Your Son:
Accept and fulfill our petitions, we pray,
not as we ask in our ignorance,
nor as we deserve in our sinfulness,
but as you know and love us
in your Son Jesus Christ our Lord. Amen.

THE GENERAL THANKSGIVING *optional more than once a day*

Almighty God, Father of all mercies,

we, your unworthy servants,

give you humble thanks

for all your goodness and loving-kindness

to us and to all whom you have made.

We bless you for our creation, preservation,

and all the blessings of this life;

but above all for your immeasurable love

in the redemption of the world

by our Lord Jesus Christ;

For the means of grace, and for the hope of glory.

And, we pray, give us such an awareness of your mercies,

that with truly thankful hearts

we may show forth your praise,

not only with our lips, but in our lives,

by giving up our selves to your service,

and by walking before you

in holiness and righteousness all our days;

Through Jesus Christ our Lord,

to whom, with you and the Holy Spirit,

be honor and glory throughout all ages. Amen.

THE CALL OF CHRIST

Now after John was arrested,
Jesus came into Galilee,
Proclaiming the Gospel of God and saying,
“The time is fulfilled and the kingdom of God is at hand
Repent and believe in the Gospel.” *MARK 1:1-15*

BENEDICTION

To him who loves us
and has freed us from our sins by his blood
and made us a kingdom, priests to his God and Father,
to him be glory and dominion forever and ever. **Amen.** *REVELATION 1:5*

FINAL ACCLAMATION

We proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come again.

II. THE JESUS PRAYER *a way to trust Him with what's coming toward us and what's going on inside us*

1. MEDITATION

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*The devil's accusation—any sense of
of being cursed, crushed, condemned. Or
of malice or cruelty*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*Death's provocation— any sense of decay, deterioration,
disarray, decomposition, things
going downhill*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*The mind's intimidation—any sense of anxiety, depression,
Trauma, or other mental affliction*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*The bodies anticipation—any sense of tension, stress, shortness
of breath in the body*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*The day's protestation—any sense of hostility or temptation,
Uncertainty, or complication
Injustice or mistreatment*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*The moment's invitation— five things you physically feel,
five things you audibly hear,
five things you actually see*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*The soul's deprivation– any sense of being hurt, scared, or
Upset. Having lost honor, assurance,
purpose or fulfillment*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

*Sin's domination– any sense of the pull toward vengeance,
retaliation, manipulation, or control.
The pull toward defending ourselves,
Taking things back, or making things
Right.*

breathe in Lord Jesus Christ, son of the living God
breathe out **Have Mercy on me, a sinner**

But when Jesus perceived their thoughts,
He answered and said to them,
“Why are you reasoning in your hearts?”
Which is easier to say, ‘Your sins are forgiven you,’
Or ‘Rise up and walk.’?
But that you may know that the Son of Man
Has power on earth to forgive sins–
He said to the man who was paralyzed,
“I say to you, arise, take up your bed, and go to your house”

And when the scribes and the Pharisees saw Him
Eating with tax collectors and sinners,
They said to His disciples,
“How is it that he eats and drinks
With tax collectors and sinners?”
When Jesus heard it,
He said to them,
“Those who are well have no need of a physician,
But those who are sick.
I did not come to call the righteous,
But sinners, to repentance.”

MONDAY/WEDNESDAY/FRIDAY

But you are a chosen race, a royal priesthood,
a holy nation, a people for his own possession,
that you may proclaim the excellencies of him
who called you out of darkness into his marvelous light.
Once you were not a people, but now you are God's people;
once you had not received mercy,
but now you have received mercy.
Beloved, I urge you as sojourners and exiles
to abstain from the passions of the flesh,
which wage war against your soul.
Keep your conduct among the Gentiles honorable,
so that when they speak against you as evildoers,
they may see your good deeds
and glorify God on the day of visitation.

Since therefore Christ suffered in the flesh,
arm yourselves with the same way of thinking,
for whoever has suffered in the flesh has ceased from sin,
so as to live for the rest of the time in the flesh
no longer for human passions but for the will of God.
For the time that is past suffices for doing
what the Gentiles want to do,
living in sensuality, passions, drunkenness, orgies,
drinking parties, and lawless idolatry.
With respect to this they are surprised
when you do not join them in the same flood of debauchery,
and they malign you;
but they will give account to him who is ready
to judge the living and the dead.
For this is why the gospel was preached
even to those who are dead,
that though judged in the flesh the way people are,
they might live in the spirit the way God does.

TUESDAY/THURSDAY

For this is a gracious thing, when, mindful of God,
one endures sorrows while suffering unjustly.
For what credit is it if, when you sin and are beaten for it,
you endure?
But if when you do good and suffer for it you endure,
this is a gracious thing in the sight of God.
For to this you have been called,

because Christ also suffered for you, leaving you an example,
so that you might follow in his steps.
He committed no sin, neither was deceit found in his mouth.
When he was reviled, he did not revile in return;
when he suffered, he did not threaten,
but continued entrusting himself to him who judges justly.
He himself bore our sins in his body on the tree,
that we might die to sin and live to righteousness.
By his wounds you have been healed.
For you were straying like sheep, but have now returned
to the Shepherd and Overseer of your Souls.
Finally, all of you, have unity of mind, sympathy, brotherly love,
a tender heart, and a humble mind.
Do not repay evil for evil or reviling for reviling,
but on the contrary, bless, for to this you were called,
that you may obtain a blessing.
For “Whoever desires to love life and see good days,
let him keep his tongue from evil
and his lips from speaking deceit;
let him turn away from evil and do good;
let him seek peace and pursue it.
For the eyes of the Lord are on the righteous,
and his ears are open to their prayer.
But the face of the Lord is against those who do evil.”
Now who is there to harm you if you are zealous for what is good?
But even if you should suffer for righteousness' sake,
you will be blessed. Have no fear of them, nor be troubled,

but in your hearts honor Christ the Lord as holy,
always being prepared to make a defense to anyone
who asks you for a reason for the hope that is in you;
yet do it with gentleness and respect,
having a good conscience, so that,
when you are slandered, those who revile your good behavior
in Christ may be put to shame.
For it is better to suffer for doing good,
if that should be God's will, than for doing evil.
For Christ also suffered once for sins,
the righteous for the unrighteous,
that he might bring us to God, being put to death in the flesh
but made alive in the spirit.

SATURDAY/SUNDAY

The end of all things is at hand; therefore be self-controlled
and sober-minded for the sake of your prayers.

Above all, keep loving one another earnestly,
since love covers a multitude of sins.

Show hospitality to one another without grumbling.

As each has received a gift, use it to serve one another,
as good stewards of God's varied grace:

whoever speaks, as one who speaks oracles of God;

whoever serves, as one who serves by the strength
that God supplies—in order that in everything

God may be glorified through Jesus Christ.

To him belong glory and dominion forever and ever. Amen.

Humble yourselves, therefore, under the mighty hand of God
so that at the proper time he may exalt you,
casting all your anxieties on him, because he cares for you.
Be sober-minded; be watchful.

Your adversary the devil prowls around like a roaring lion,
seeking someone to devour.

Resist him, firm in your faith,
knowing that the same kinds of suffering
are being experienced by your brotherhood throughout the world.

And after you have suffered a little while, the God of all grace,
who has called you to his eternal glory in Christ,
will himself restore, confirm, strengthen, and establish you.

To him be the dominion forever and ever. Amen.

2.INTERCESSIONS

Be pleased to hear us, O Christ;
Graciously hear us, O Christ;
Graciously hear us, O Lord Christ.

O Lord, arise and help us;
And deliver us for your Name's sake.
From our enemies defend us, O Christ;
Graciously behold our afflictions.
With pity behold the sorrows of our hearts;
Mercifully forgive the sins of your people.
With favor hear our prayers;
O Son of David, have mercy upon us.

O God, by whom the meek are guided in judgment,
And light rises up in darkness for the godly,
Grant us, in all our doubts and uncertainties,
The grace to ask what you would have do,
That the Spirit of wisdom may save us
From all false choices,
That in your light we might see light,
And in your straight path we may not stumble,
Through Jesus Christ our Lord. **Amen.**

MONDAY/WEDNESDAY/FRIDAY

Look mercifully, O Father, on our infirmities;
And, for the glory of your Name,

rescue us from all those evils we now endure;
and grant that in all our troubles
we may put our whole trust and confidence
in your mercy, serving you in holiness and purity of life,
to your honor and glory;
through our only Mediator and Advocate,
Jesus Christ our Lord. **Amen.**

O God, you know that we are set
in the midst of many grave dangers,
and because of the frailty of our nature
we cannot always stand upright:
Grant that your strength and protection
may support us in all dangers
and carry us through every temptation;
through Jesus Christ our Lord,
who lives and reigns with you
and the Holy Spirit, one God, for ever and ever. **Amen.**

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

who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

TUESDAY/THURSDAY

O Lord God, grant your people grace
to withstand the temptations of the world, the flesh, and the devil,
and with pure hearts and minds to follow you,
the only God; through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

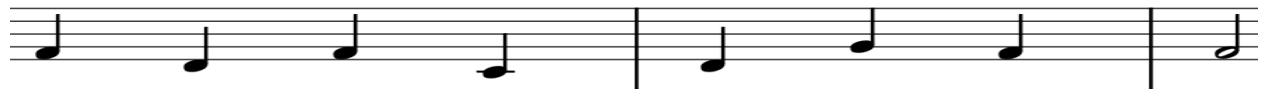
O God, who before the passion of your only-begotten Son
revealed his glory upon the holy mountain:
Grant that we, beholding by faith the light of his countenance,
may be strengthened to bear our cross,
and be changed into his likeness from glory to glory;
through Jesus Christ our Lord, who lives and reigns with you
and the Holy Spirit, one God, for ever and ever. **Amen.**

Almighty God, whose most dear Son
went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
Mercifully grant that we, walking in the way of the Cross,
may find it none other than the way of life and peace;
through Jesus Christ our Lord. **Amen.**

SATURDAY/SUNDAY

O God of peace, who hast taught us
 that in returning and rest we shall be saved,
 in quietness and in confidence shall be our strength:
 By the might of thy Spirit lift us, we pray thee, to thy presence,
 where we may be still and know that thou art God;
 through Jesus Christ our Lord. **Amen.**

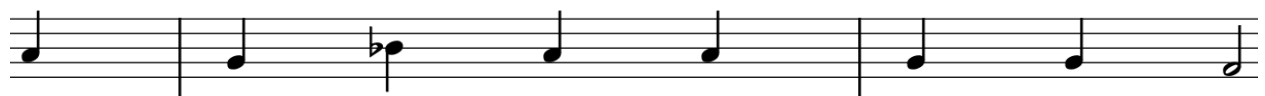
3. ANTHEM OR HYMN *this or other hymn or song of praise, whether sung
 or said*



Christ be with me Christ with—---in me



Christ be hind me Christ be- fore me



Christ be—---side me Christ to win me



Christ to com—---fort and re—---store me

III. LECTONARY OF SERVICE *an ordinary hospitality for the morning*

list one thing

- 1. Something you took care of for yourself or others (i.e. eat, chore, or exercise),*
- 2. one thing you had fun doing (i.e., book, game, or craft)*
- 3. and one meaningful thing you worked on (work, project, service)*

MORNING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
- 3. working on* _____

MORNING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
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MORNING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
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MORNING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
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MORNING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
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MORNING OF --/--/--

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2. *having fun* _____
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MORNING OF --/--/--

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2. *having fun* _____
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MORNING OF --/--/--

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MORNING OF --/--/--

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

MORNING OF --/--/--

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

I. NONES *the promises of Scripture for the afternoon*

1. CONFESSIO

OPENING SENTENCE

The king is not saved by his great army;
a warrior is not delivered by his great strength.

The war horse is a false hope for salvation,
and by its great might it cannot rescue.

Behold, the eye of the LORD is on those who fear him,
on those who hope in his steadfast love,
that he may deliver their soul from death
and keep them alive in famine.

Our soul waits for the LORD; he is our help and our shield.
For our heart is glad in him,
because we trust in his holy name.

Let your steadfast love, O LORD, be upon us,
even as we hope in you. *PSALM 34:15-21*

OPENING PRAYER

Blessed Savior, at this hour
you hung upon the Cross,
stretching out your loving arms:
Grant that all the peoples of the earth
may look to you and be saved;
for your tender mercies' sake.
Amen.

COLLECT FOR PURITY

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 Jesus Christ our Lord. **Amen.**

CONFESSION OF CHRIST

Since therefore the children share in flesh and blood,
he himself likewise partook of the same things,
that through death he might destroy
the one who has the power of death, that is, the devil,
and deliver all those who through fear of death
were subject to lifelong slavery.
For surely it is not angels that he helps,
but he helps the offspring of Abraham.
Therefore he had to be made like his brothers in every respect,
so that he might become a merciful and faithful high priest
in the service of God, to make propitiation
for the sins of the people.
For because he himself has suffered when tempted,
he is able to help those who are being tempted. *HEBREWS 2:14-18*

CONFESSION OF SIN

Let us humbly confess our sins to almighty God.

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.**

**We have erred and strayed from your ways
Like lost sheep.**

**We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.**

We are truly sorry and we humbly repent.

**For the sake of your Son, our Lord, Jesus Christ,
have mercy upon us, forgive us our sins,
and by the power of your Holy Spirit
raise us up to serve you in newness of life,
To the glory of your Name. Amen.**

REQUEST FOR ABSOLUTION

Grant to your faithful people, merciful Lord.

Pardon and peace.

That we may be cleansed from all our sins,

And serve you with a quiet mind.

Through Jesus Christ our Lord.

Grant us true repentance, amendment of life,

And the grace and consolation of the Holy Spirit.

According to your Holy Word. **Amen.**

ASSURANCE OF PARDON

Hear the Word of God to all who truly turn to Him:

“This saying is trustworthy
and deserving of full acceptance,

That Christ Jesus came into the world to save sinners.” 1 TIMOTHY 1:15

2.READINGS

THE PSALMS

MONDAY

Those who put their trust in the Lord
shall be like Mount Zion, which cannot be moved,
but stands fast for ever.

The hills stand about Jerusalem
even as the Lord stands round about his
people, from this time forth for evermore.
For the scepter of the ungodly shall not rest upon
the land allotted to the righteous,
lest the righteous put forth their hand to do wickedness.

Do good, O Lord, unto those who are good,
unto those who are good and true of heart.

As for those who turn aside to their own wicked ways,
the Lord shall lead them away with the evildoers;
but peace shall be upon Israel. 125

TUESDAY

When the Lord overturned the captivity of Zion,
then were we like those who dream.

Then was our mouth filled with laughter
and our tongue with shouts of joy.

Then they said among the nations,

“The Lord has done great things for them.”

Indeed, the Lord has done great things for us already,
whereof we rejoice.

Overturn our captivity, O Lord,
as when streams refresh the deserts of the south.

Those who sow in tears shall reap with songs of joy.

He who goes on his way weeping and bears good seed
shall doubtless come again with joy,
and bring his sheaves with Him. 126

WEDNESDAY

Unless the Lord builds the house,
their labor is in vain who build it.

Unless the Lord keeps the city,
the watchman keeps vigil in vain.

It is in vain that you rise up early, and take rest so late,
and eat the bread of toil, for he gives to his beloved sleep.

Behold, children are a heritage from the Lord,
and the fruit of the womb is a gift that comes from him.

Like arrows in the hand of a warrior,
so are the children of one's youth.

Happy is the man who has his quiver full of them;
he shall not be ashamed
when he speaks with his enemies in the gate. 127

THURSDAY

Blessed are all those who fear the Lord and walk in his ways.
For you shall eat of the labors of your hands;
it shall be well with you, and happy you shall be.
Your wife shall be as a fruitful vine
upon the walls of your house,
Your children like the olive branches round about your table.
Indeed, thus shall the man be blessed who fears the Lord.
May the Lord bless you out of Zion;
may you see Jerusalem in prosperity all your life long.
May you see your children's children,
and may there be peace upon Israel. 128

FRIDAY

“Many a time have they fought against me from my youth on,”
may Israel now say; “Indeed, many a time
have they afflicted me from my youth on,
but they have not prevailed against me.
The plowers plowed upon my back, and made long furrows.
But the righteous Lord
has hewn the snares of the ungodly in pieces.”
Let them be ashamed and turned backward, as many as hate Zion.
Let them be as the grass growing upon the housetops,

which withers before it grows up,
Which does not fill the hand of the reaper,
neither the bosom of him who binds up the sheaves,
So that those who go by say not so much as,
“The Lord prosper you. We bless you in the Name of the Lord.”¹²⁹

SATURDAY

Let your loving mercy come to me, O Lord,
even your salvation, according to your word.
So shall I answer those who taunt me,
For my trust is in your word.
O do not take the word of your truth
utterly out of my mouth,
for my hope is in your judgments.
So shall I always keep your law,
even for ever and ever;
And I will walk at liberty,
for I seek your commandments.
I will speak of your testimonies also, even before kings,
and will not be ashamed;
And my delight shall be in your commandments,
which I have loved exceedingly.
My hands also will I lift up to your commandments,
and I will meditate on your statutes.^{119:41-48}

SUNDAY

O remember your word to your servant,
in which you have caused me to put my trust.
This is my comfort in my trouble,
for your word has given me life.
The proud have held me exceedingly in derision,
yet I have not turned aside from your law.
For I have remembered, O Lord, your judgments from of old,
and by them I have received comfort.
I am filled with indignation,
because of the ungodly who forsake your law.
Your statutes have been my songs
in the house of my pilgrimage.
I have thought upon your Name, O Lord, in the night season,
and I have kept your law. This has been my reward,
because I have kept your commandments. 119:48-56

After the Psalm

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

LESSONS FROM SCRIPTURE^{*choose one or more*}

MONDAY

What then? Are we Jews any better off?

No, not at all. For we have already charged that all, both Jews and Greeks, are under sin, as it is written:

“None is righteous, no, not one;
no one understands; no one seeks for God.

All have turned aside;
together they have become worthless;
no one does good, not even one.”

“Their throat is an open grave;
they use their tongues to deceive.”

“The venom of asps is under their lips.”

“Their mouth is full of curses and bitterness.”

“Their feet are swift to shed blood;
in their paths are ruin and misery,
and the way of peace they have not known.”

“There is no fear of God before their eyes.”

Now we know that whatever the law says it speaks to those who are under the law, so that every mouth may be stopped, and the whole world may be held accountable to God.

For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin.

But now the righteousness of God has been manifested apart from the law,

although the Law and the Prophets bear witness to it—
the righteousness of God
through faith in Jesus Christ for all who believe.
For there is no distinction: for all have sinned
and fall short of the glory of God,
and are justified by his grace as a gift,
through the redemption that is in Christ Jesus,
whom God put forward as a propitiation by his blood,
to be received by faith.

This was to show God's righteousness,
because in his divine forbearance he had passed over former sins.
It was to show his righteousness at the present time,
so that he might be just and the justifier
of the one who has faith in Jesus.

TUESDAY

But when he who had set me apart before I was born,
and who called me by his grace,
was pleased to reveal his Son to me,
in order that I might preach him among the Gentiles,
I did not immediately consult with anyone;
nor did I go up to Jerusalem to those who were apostles before me,
but I went away into Arabia, and returned again to Damascus.
Christ redeemed us from the curse of the law
by becoming a curse for us—for it is written,
“Cursed is everyone who is hanged on a tree”—
so that in Christ Jesus the blessing of Abraham

might come to the Gentiles, so that we might receive the promised Spirit through faith.

O foolish Galatians! Who has bewitched you?

It was before your eyes that Jesus Christ was publicly portrayed as crucified.

Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith?

Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?

Did you suffer so many things in vain— if indeed it was in vain?

Does he who supplies the Spirit to you and works miracles among you do so by works of the law, or by hearing with faith— just as Abraham “believed God, and it was counted to him as righteousness”?

We ourselves are Jews by birth and not Gentile sinners;

Yet we know that a person is not justified by works of the law

But through faith in Jesus Christ.

So we also have believed in Christ Jesus,

In order to be justified by faith in Christ

And not by works of the law, because by works of the law

No one will be justified.

But if, in our endeavor to justified in Christ,

We too were found to be sinners, is Christ then a servant of sin?

Certainly not! For if I rebuild what I tore down, I prove myself

To be a transgressor. For through the law I died to the law,

So that I might live to God.

I have been crucified with Christ. It is no longer I who live,
But Christ who lives in me
And the life I now live in the flesh,
I live by faith in the Son of God,
Who loved me and gave Himself for me. *GALATIANS 2:20*

WEDNESDAY

Therefore, since we have been justified by faith,
we have peace with God through our Lord Jesus Christ.
Through him we have also obtained access by faith
into this grace in which we stand,
and we rejoice in hope of the glory of God.
Not only that, but we rejoice in our sufferings,
knowing that suffering produces endurance,
and endurance produces character, and character produces hope,
and hope does not put us to shame,
because God's love has been poured into our hearts
through the Holy Spirit who has been given to us.
For while we were still weak, at the right time
Christ died for the ungodly.
For one will scarcely die for a righteous person—
though perhaps for a good person one would dare even to die—
but God shows his love for us
In that while we were still sinners, Christ died for us.
Since, therefore, we have now been justified by his blood,
much more shall we be saved by him from the wrath of God.
For if while we were enemies we were reconciled to God

by the death of his Son, much more,
now that we are reconciled, shall we be saved by his life.
More than that, we also rejoice in God
through our Lord Jesus Christ,
through whom we have now received reconciliation.
Therefore, just as sin came into the world through one man,
and death through sin, and so death spread to all men
because all sinned— for sin indeed was in the world
before the law was given,
but sin is not counted where there is no law.
Yet death reigned from Adam to Moses,
even over those whose sinning
was not like the transgression of Adam,
who was a type of the one who was to come.
But the free gift is not like the trespass.
For if many died through one man's trespass,
much more have the grace of God
and the free gift by the grace of that one man Jesus Christ
abounded for many.
And the free gift is not like the result of that one man's sin.
For the judgment following one trespass
brought condemnation,
but the free gift following many trespasses brought justification.
For if, because of one man's trespass,
death reigned through that one man,
much more will those who receive the abundance of grace
and the free gift of righteousness reign in life

through the one man Jesus Christ.

Therefore, as one trespass led to condemnation for all men,
so one act of righteousness leads to justification and life for all men.
For as by the one man's disobedience the many were made sinners,
so by the one man's obedience the many will be made righteous.
Now the law came in to increase the trespass,
but where sin increased, grace abounded all the more,
so that, as sin reigned in death,
grace also might reign through righteousness
leading to eternal life through Jesus Christ our Lord.

THURSDAY

Consequently, when Christ came into the world, he said,
“Sacrifices and offerings you have not desired,
but a body have you prepared for me;
in burnt offerings and sin offerings
you have taken no pleasure.

Then I said, ‘Behold, I have come to do your will, O God,
as it is written of me in the scroll of the book.’”

When he said above, “You have neither desired nor taken
pleasure in sacrifices and offerings and burnt offerings
and sin offerings” (these are offered according to the law),
then he added, “Behold, I have come to do your will.”

He does away with the first in order to establish the second.
And by that will we have been sanctified
through the offering of the body of Jesus Christ once for all.
And every priest stands daily at his service,

offering repeatedly the same sacrifices,
which can never take away sins.

But when Christ had offered for all time a single sacrifice for sins,
he sat down at the right hand of God,
waiting from that time until his enemies
should be made a footstool for his feet.

For by a single offering he has perfected for all time
those who are being sanctified.

And the Holy Spirit also bears witness to us;
for after saying,

*“This is the covenant that I will make with them
after those days, declares the Lord:*

I will put my laws on their hearts,

and write them on their minds,” then he adds,

“I will remember their sins and their lawless deeds no more.”

Where there is forgiveness of these,
there is no longer any offering for sin.

Therefore, brothers, since we have confidence
to enter the holy places by the blood of Jesus,
by the new and living way that he opened for us
through the curtain, that is, through his flesh,
and since we have a great priest over the house of God,
let us draw near with a true heart in full assurance of faith,
with our hearts sprinkled clean from an evil conscience
and our bodies washed with pure water.

Let us hold fast the confession of our hope without wavering,
for he who promised is faithful.

FRIDAY

Now among those who went up to worship at the feast were some Greeks. So these came to Philip, who was from Bethsaida in Galilee, and asked him, “Sir, we wish to see Jesus.”

Philip went and told Andrew; Andrew and Philip went and told Jesus. And Jesus answered them,

“The hour has come for the Son of Man to be glorified.

Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.

Whoever loves his life loses it, and whoever hates his life in this world will keep it for eternal life.

If anyone serves me, he must follow me;

and where I am, there will my servant be also.

If anyone serves me, the Father will honor him.

“Now is my soul troubled. And what shall I say?

‘Father, save me from this hour’?

But for this purpose I have come to this hour.

Father, glorify your name.” Then a voice came from heaven:

“I have glorified it, and I will glorify it again.”

The crowd that stood there and heard it said that it had thundered.

Others said, “An angel has spoken to him.”

Jesus answered, “This voice has come for your sake, not mine.

Now is the judgment of this world;

now will the ruler of this world be cast out.

And I, when I am lifted up from the earth,

will draw all people to myself.”

He said this to show by what kind of death he was going to die.
So the crowd answered him,
“We have heard from the Law that the Christ remains forever.
How can you say that the Son of Man must be lifted up?
Who is this Son of Man?” So Jesus said to them,
“The light is among you for a little while longer.
Walk while you have the light, lest darkness overtake you.
The one who walks in the darkness
does not know where he is going.
While you have the light, believe in the light, that you may become
sons of light.”

SATURDAY

Now if Christ is proclaimed as raised from the dead,
how can some of you say that there is no resurrection of the dead?
But if there is no resurrection of the dead,
then not even Christ has been raised.
And if Christ has not been raised,
then our preaching is in vain and your faith is in vain.
We are even found to be misrepresenting God,
because we testified about God that he raised Christ,
whom he did not raise if it is true that the dead are not raised.
For if the dead are not raised, not even Christ has been raised.
And if Christ has not been raised,
your faith is futile and you are still in your sins.
Then those also who have fallen asleep in Christ have perished.
If in Christ we have hope in this life only,

we are of all people most to be pitied.
But in fact Christ has been raised from the dead,
the firstfruits of those who have fallen asleep.
For as by a man came death,
by a man has come also the resurrection of the dead.
For as in Adam all die, so also in Christ shall all be made alive.
But each in his own order:
Christ the firstfruits, then at his coming
those who belong to Christ.
Then comes the end,
when he delivers the kingdom to God the Father
after destroying every rule and every authority and power.
For he must reign until he has put all his enemies under his feet.
The last enemy to be destroyed is death.
For “God has put all things in subjection under his feet.”
But when it says, “all things are put in subjection,”
it is plain that he is excepted who put all things
in subjection under him.
When all things are subjected to him, then the Son
himself will also be subjected to him
who put all things in subjection under him,
that God may be all in all.

SUNDAY

But Mary stood weeping outside the tomb,
and as she wept she stooped to look into the tomb.
And she saw two angels in white,
sitting where the body of Jesus had lain,

one at the head and one at the feet.
They said to her, “Woman, why are you weeping?”
She said to them, “They have taken away my Lord,
and I do not know where they have laid him.”
Having said this, she turned around
and saw Jesus standing, but she did not know
that it was Jesus. Jesus said to her, “Woman, why are you weeping?
Whom are you seeking?”
Supposing him to be the gardener, she said to him,
“Sir, if you have carried him away, tell me where you have laid him,
and I will take him away.” Jesus said to her, “Mary.”
She turned and said to him in Aramaic, “Rabboni!”
(which means Teacher). Jesus said to her,
“Do not cling to me, for I have not yet ascended to the Father;
but go to my brothers and say to them,
‘I am ascending to my Father and your Father,
to my God and your God.’”
Mary Magdalene went and announced to the disciples,
“I have seen the Lord”—and that he had said these things to her.
On the evening of that day, the first day of the week,
the doors being locked where the disciples were for fear of the
Jews, Jesus came and stood among them and said to them,
“Peace be with you.” When he had said this,
he showed them his hands and his side.
Then the disciples were glad when they saw the Lord.
Jesus said to them again, “Peace be with you.
As the Father has sent me, even so I am sending you.”

And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.”

Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came.

So the other disciples told him, “We have seen the Lord.”

But he said to them, “Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe.”

Eight days later, his disciples were inside again, and Thomas was with them.

Although the doors were locked,

Jesus came and stood among them and said,

“Peace be with you.” Then he said to Thomas,

“Put your finger here, and see my hands; and put out your hand, and place it in my side.

Do not disbelieve, but believe.” Thomas answered him,

“My Lord and my God!” Jesus said to him,

“Have you believed because you have seen me?

Blessed are those who have not seen and yet have believed.”

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.

After the Lesson,

The Word of the Lord

Thanks be to God

CANTICLE *following the readings, choose one or more*

MONDAY/WEDNESDAY/FRIDAY

I will sing to the Lord, for he is lofty and uplifted;
the horse and its rider has he hurled into the sea.

The Lord is my strength and my refuge;
the Lord has become my Savior.

This is my God and I will praise him,
the God of my people and I will exalt him.

The Lord is a mighty warrior;
Yahweh is his Name.

The chariots of Pharaoh and his army has he hurled into the sea;
**the finest of those who bear armor
have been drowned in the Red Sea.**

The fathomless deep has overwhelmed them;
they sank into the depths like a stone.

Your right hand, O Lord, is glorious in might;
your right hand, O Lord, has overthrown the enemy.

Who can be compared with you, O Lord, among the gods?
**who is like you, glorious in holiness, awesome in renown,
and worker of wonders?**

You stretched forth your right hand;
the earth swallowed them up.

With your constant love you led the people you redeemed;
**with your might you brought them in safety
to your holy dwelling.**

You will bring them in and plant them
on the mount of your possession,

The resting-place you have made for yourself, O Lord,

The sanctuary, O Lord, that your hand has established.

The Lord shall reign for ever and for ever. *THE SONG OF MOSES*

TUESDAY/THURSDAY

Seek the Lord while he wills to be found;

call upon him when he draws near.

Let the wicked forsake their ways

and the evil ones their thoughts;

And let them turn to the Lord,

and he will have compassion,

and to our God,

for he will richly pardon.

For my thoughts are not your thoughts,

nor your ways my ways, says the Lord.

For as the heavens are higher than the earth,

so are my ways higher than your ways,

and my thoughts than your thoughts.

For as rain and snow fall from the heavens

and return not again, but water the earth,

Bringing forth life and giving growth,

seed for sowing and bread for eating,

So is my word that goes forth from my mouth;
it will not return to me empty;
But it will accomplish that which I have purposed,
and prosper in that for which I sent it. *ISAIAH 55:6-11*

SATURDAY/SUNDAY

O ruler of the universe, Lord God,
great deeds are they that you have done,
surpassing human understanding.

Your ways are ways of righteousness and truth,
O King of all the ages.

Who can fail to do you homage, Lord,
and sing the praises of your Name?

For you only are the Holy One.

All nations will draw near and fall down before you,
because your just and holy works
have been revealed. *THE SONG OF THE REDEEMED REVELATION 15:3-4*

APOSTLES' CREED *a summary of Scripture*

**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 Holy Spirit
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

He descended to the dead.

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 catholic Church, the communion of saints,
the forgiveness of sins, the resurrection of the body,
and the life everlasting. Amen.**

3. PETITIONS

Lord, have Mercy

Christ, have Mercy

Lord, have Mercy

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

SUFFRAGES

Save your people, Lord, and bless your inheritance;

Govern and uphold them, now and always.

Day by day we bless you;

We praise your name for ever.

Lord, keep us from all sin today;

Have mercy upon us, Lord, have mercy.

Lord, show us your love and mercy;

For we put our trust in you.

In you, Lord, is our hope;
Let us never be put to shame.

PRAYER OF THE DAY

MONDAY

O God, the King of glory,
you have exalted your only Son, Jesus Christ
with great triumph to your kingdom in heaven:
Do not leave us comfortless,
but send us your Holy Spirit to strengthen us,
and exalt us to that place where our Savior Christ has gone before;
who lives and reigns with you and the Holy Spirit,
one God, in glory everlasting. **Amen.**

TUESDAY

Grant us, O Lord, to trust in you with all our hearts;
for, as you always resist the proud
who confide in their own strength,
so you never forsake those
who make their boast of your mercy;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

WEDNESDAY

Dear Lord and Savior Jesus Christ:
I hold up all my weakness to your strength,
my failure to your faithfulness,

my sinfulness to your perfection,
my loneliness to your compassion,
my little pains to your great agony on the Cross.
I pray that you will cleanse me, strengthen me, guide me,
so that in all ways my life may be lived
as you would have it lived, without cowardice and for you alone.
Show me how to live in true humility, true contrition,
and true love. **Amen.**

THURSDAY

Stir up you power, O Lord,
and with great might come among us;
And, because we are sorely hindered by our sins,
Let your bountiful grace and mercy speedily help us and deliver us
Through Jesus Christ our Lord,
To whom, with you and the Holy Spirit,
Be honor and glory, now and forever. **Amen.**

FRIDAY

Gracious God, the comfort of all who sorrow,
The strength of those who suffer:
Let the cry of those in misery and need come to you,
That they might find your mercy present with them
In all their afflictions, and give us, we pray,
The strength to serve them
for the sake of Him who suffered for us,
Your Son, Jesus Christ our Lord. **Amen.**

SATURDAY

Our God, in whom we trust:
Strengthen us not to regard overmuch
who is for us or who is against us,
but to see to it that we be with you in everything we do. **Amen.**

SUNDAY

Merciful God, creator of all the peoples of the earth
And lover of souls: have compassion on all who do not know you
As you are revealed in your Son Jesus Christ;
Let your Gospel be preached with grace and power
To those who have not heard it;
Turn the hearts of those who resist it;
And bring home to your fold those who have gone astray;
That there may be one flock under one Shepherd,
Jesus Christ our Lord. **Amen.**

PRAYER FOR MISSION

O God, you have made of one blood
all the peoples of the earth, and sent your blessed Son
to preach peace to those who are far off
and to those who are near:
Grant that people everywhere may seek after you and find you;
bring the nations into your fold;
pour out your Spirit upon all flesh;
and hasten the coming of your kingdom;
through Jesus Christ our Lord. **Amen.**

CLOSING PETITION

**Heavenly Father, you have promised
to hear what we ask in the Name of Your Son:
Accept and fulfill our petitions, we pray,
not as we ask in our ignorance,
nor as we deserve in our sinfulness,
but as you know and love us
in your Son Jesus Christ our Lord. Amen.**

THE GENERAL THANKSGIVING *optional more than once a day*

**Almighty God, Father of all mercies,
we, your unworthy servants, give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world
by our Lord Jesus Christ;
For the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts
we may show forth your praise, not only with our lips,
but in our lives, by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;
Through Jesus Christ our Lord,**

**to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.**

THE CALL OF CHRIST

“If anyone would come after me,
let him deny himself and take up his cross and follow me.
For whoever would save his life will lose it,
but whoever loses his life
for my sake and the gospel's will save it.” *MATTHEW 16:24*

BENEDICTION

“Therefore they are before the throne of God,
and serve him day and night in his temple;
and he who sits on the throne
will shelter them with his presence.
They shall hunger no more, neither thirst anymore;
the sun shall not strike them, nor any scorching heat.
For the Lamb in the midst of the throne
will be their shepherd, and he will guide them
to springs of living water, and God will wipe away
every tear from their eyes.” *REVELATION 7:15-17*

FINAL ACCLAMATION

We proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come again.

II. THE LORD'S PRAYER *a way to trust Him with where we're going*

1. MEDITATION

Breathe in Our Father who art in heaven,
Breathe out **Our Father who art in heaven,**

Breathe in Our Father who art in heaven,
Breathe out **Our Father who art in heaven,**

Breathe in Our Father who art in heaven,
Breathe out **Our Father who art in heaven,**

In light of this, pause to consider where you're going and what you're headed toward today

Breathe in Hallowed be thy name,
Breathe out **Hallowed be thy name,**

Breathe in Hallowed be thy name,
Breathe out **Hallowed be thy name,**

Breathe in Hallowed be thy name,
Breathe out **Hallowed be thy name,**

In light of this, pause to consider where you're going and what you're headed toward today

Breathe in Thy kingdom come,
Breathe out **Thy kingdom come,**

Breathe in Thy kingdom come,
Breathe out **Thy kingdom come,**

Breathe in Thy kingdom come,
Breathe out **Thy kingdom come,**

*In light of this, pause to consider where going and what you're
headed toward today*

Breathe in Thy will be done,
Breathe out **Thy will be done,**

Breathe in Thy will be done,
Breathe out **Thy will be done,**

Breathe in Thy will be done,
Breathe out **Thy will be done,**

*In light of this, pause to consider where you're going and what you're
headed toward today*

Breathe in On earth as it is in heaven,
Breathe out **On earth as it is in heaven,**

Breathe in On earth as it is in heaven,
Breathe out **On earth as it is in heaven,**

Breathe in On earth as it is in heaven,
Breathe out **On earth as it is in heaven,**

In light of this, pause to consider where you're going and what you're headed toward today

Breathe in Give us this day our daily bread,
Breathe out **Give us this day our daily bread,**

Breathe in Give us this day our daily bread,
Breathe out **Give us this day our daily bread,**

Breathe in Give us this day our daily bread,
Breathe out **Give us this day our daily bread,**

In light of this, pause to consider where you're going and what you're headed toward today

Breathe in And forgive us our trespasses,
Breathe out **And forgive us our trespasses,**

Breathe in And forgive us our trespasses,
Breathe out **And forgive us our trespasses,**

Breathe in And forgive us our trespasses,
Breathe out **And forgive us our trespasses,**

In light of this, pause to consider where you're going and what you're headed toward

Breathe in As we forgive those who trespass against us
Breathe out **As we forgive those who trespass against us**

Breathe in As we forgive those who trespass against us
Breathe out **As we forgive those who trespass against us**

Breathe in As we forgive those who trespass against us
Breathe out **As we forgive those who trespass against us**

In light of this, pause to consider where you're going and what you're headed toward

Breathe in And lead us not into temptation,
Breathe out **And lead us not into temptation,**

Breathe in And lead us not into temptation,
Breathe out **And lead us not into temptation,**

Breathe in And lead us not into temptation,
Breathe out **And lead us not into temptation,**

In light of this, pause to consider where you're going and what you're headed toward today

Breathe in But deliver us from evil,
Breathe out **But deliver us from evil,**

Breathe in But deliver us from evil,
Breathe out **But deliver us from evil,**

Breathe in But deliver us from evil,
Breathe out **But deliver us from evil,**

In light of this, pause to consider where you're going and what you're headed toward today

Breathe in For thine is the kingdom and the power
Breathe out **For thine is the kingdom and the power**

Breathe in For thine is the kingdom and the power
Breathe out **For thine is the kingdom and the power**

Breathe in For thine is the kingdom and the power
Breathe out **For thine is the kingdom and the power**

In light of this, pause to consider where you're going and what you're headed toward today

Breathe in And the glory forever,
Breathe out **And the glory forever,**

Breathe in And the glory forever,
Breathe out **And the glory forever,**

Breathe in And the glory forever,
Breathe out **And the glory forever,**

*In light of this, pause to consider where you're going and what
you're headed toward today*

And he came out and went, as was his custom,
to the Mount of Olives, and the disciples followed him.
And when he came to the place, he said to them,
“Pray that you may not enter into temptation.”
And he withdrew from them about a stone's throw,
and knelt down and prayed, saying,
“Father, if you are willing, remove this cup from me.
Nevertheless, not my will, but yours, be done.”
And there appeared to him an angel from heaven,
strengthening him.
And being in agony he prayed more earnestly;
and his sweat became like great drops of blood
falling down to the ground.
And when he rose from prayer, he came to the disciples
and found them sleeping for sorrow,

and he said to them, “Why are you sleeping?
Rise and pray that you may not enter into temptation.”

MONDAY/WEDNESDAY/FRIDAY

And he said to them,

“Which of you who has a friend will go to him at midnight
and say to him, ‘Friend, lend me three loaves,
for a friend of mine has arrived on a journey,
and I have nothing to set before him’;
and he will answer from within, ‘Do not bother me;
the door is now shut, and my children are with me in bed.
I cannot get up and give you anything’?

I tell you, though he will not get up
and give him anything because he is his friend,
yet because of his impudence
he will rise and give him whatever he needs.

And I tell you, ask, and it will be given to you; seek,
and you will find; knock, and it will be opened to you.

For everyone who asks receives, and the one who seeks finds,
and to the one who knocks it will be opened.

What father among you, if his son asks for a fish,
will instead of a fish give him a serpent;

or if he asks for an egg, will give him a scorpion?

If you then, who are evil,

know how to give good gifts to your children,
how much more will the heavenly Father
give the Holy Spirit to those who ask him!”

TUESDAY/THURSDAY

And he said to his disciples,

“Therefore I tell you, do not be anxious about your life,
what you will eat, nor about your body, what you will put on.

For life is more than food, and the body more than clothing.

Consider the ravens: they neither sow nor reap,
they have neither storehouse nor barn,
and yet God feeds them.

Of how much more value are you than the birds!

And which of you by being anxious
can add a single hour to his span of life?

If then you are not able to do as small a thing as that,
why are you anxious about the rest?

Consider the lilies, how they grow: they neither toil nor spin,
yet I tell you, even Solomon in all his glory
was not arrayed like one of these.

But if God so clothes the grass,
which is alive in the field today,
and tomorrow is thrown into the oven,
how much more will he clothe you, O you of little faith!

And do not seek what you are to eat
and what you are to drink, nor be worried.

For all the nations of the world seek after these things, and your
Father knows that you need them.

Instead, seek his kingdom,
and these things will be added to you.

“Fear not, little flock, for it is your Father's good pleasure

to give you the kingdom.
Sell your possessions, and give to the needy.
Provide yourselves with moneybags that do not grow old,
with a treasure in the heavens that does not fail,
where no thief approaches and no moth destroys.
For where your treasure is, there will your heart be also.

SATURDAY/SUNDAY

“But I say to you who hear, Love your enemies,
do good to those who hate you,
bless those who curse you, pray for those who abuse you.
To one who strikes you on the cheek, offer the other also,
and from one who takes away your cloak
do not withhold your tunic either.
Give to everyone who begs from you,
and from one who takes away your goods
do not demand them back.
And as you wish that others would do to you, do so to them.
“If you love those who love you, what benefit is that to you?
For even sinners love those who love them.
And if you do good to those who do good to you,
what benefit is that to you?
For even sinners do the same.
And if you lend to those from whom you expect to receive,
what credit is that to you?
Even sinners lend to sinners, to get back the same amount.
But love your enemies, and do good, and lend,

expecting nothing in return, and your reward will be great,
and you will be sons of the Most High,
for he is kind to the ungrateful and the evil.
Be merciful, even as your Father is merciful.
“Judge not, and you will not be judged;
condemn not, and you will not be condemned;
forgive, and you will be forgiven;
give, and it will be given to you.
Good measure, pressed down, shaken together, running over,
will be put into your lap.
For with the measure you use it will be measured back to you.”

“Why do you call me ‘Lord, Lord,’ and not do what I tell you?

Everyone who comes to me and hears my words and does them,
I will show you what he is like:

he is like a man building a house,
who dug deep and laid the foundation on the rock.

And when a flood arose, the stream broke against that house
and could not shake it, because it had been well built.

But the one who hears and does not do them
is like a man who built a house on the ground
without a foundation.

When the stream broke against it,
immediately it fell, and the ruin of that house was great.”

2. INTERCESSIONS

O God the Father, creator of heaven and earth,
Have mercy upon us.

O God the Son, redeemer of the world,
Have mercy upon us.

O God the Holy Spirit, sanctifier of the faithful,
Have mercy upon us.

O holy, blessed, and glorious Trinity, one God,
Have mercy upon us.

MONDAY/WEDNESDAY/FRIDAY

Deliver the people, whom you have redeemed
with your most precious blood,
and by your mercy preserve us forever.
Good Lord, deliver us.

From all evil and wickedness; from sin,
from the works and assaults of the devil;
Good Lord, deliver us.

From all blindness of heart; from pride, vanity, and hypocrisy;
from envy, hatred, and malice; and from all lack of charity,
Good Lord, deliver us.

From all disordered and sinful affections;
and from all the deceits of the world, the flesh, and the devil,
Good Lord, deliver us.

From all false doctrine, heresy, and schism;
from hardness of heart, and contempt
of your Word and commandments,
Good Lord, deliver us.

From lightning and tempest; from earthquake, fire, and flood;
from plague, pestilence, and famine,
Good Lord, deliver us.

From all oppression, conspiracy, and rebellion;
from violence, battle, and murder;
and from dying suddenly and unprepared,
Good Lord, deliver us.

By the mystery of your holy incarnation;
by your holy nativity and submission to the Law;
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,
Good Lord, deliver us.

By your glorious resurrection and ascension;
by the sending of the Holy Spirit; by your heavenly intercession;
and by your coming again in power and great glory,
Good Lord, deliver us.

In all times of tribulation; in all times of prosperity;
in the hour of death, and in the day of judgment,
Good Lord, deliver us.

TUESDAY/THURSDAY

We sinners beseech you to hear us, O Lord God:
That it may please you to rule and govern
your holy Church universal in the right way,
We beseech you to hear us, good Lord

To send forth laborers into your harvest;
to prosper their work by your Holy Spirit;
to make your saving health known unto all nations;
and to hasten the coming of your kingdom,
We beseech you to hear us, good Lord .

To give all your people increase of grace
to hear your Word with humility,
to receive it with pure affection,
and to bring forth the fruit of the Spirit,
We beseech you to hear us, good Lord.

To bring into the way of truth
all who have erred and are deceived,
We beseech you to hear us, good Lord.

To give us a heart to love and fear you,
and diligently to keep your commandments,
We beseech you to hear us, good Lord.

To bless and keep all your people,
We beseech you to hear us, good Lord.

That it may please you to rule the hearts
of all in authority, that they may do justice,
and show mercy, and walk humbly before you,
We beseech you to hear us, good Lord.

To bless and protect all who serve their communities
by their labor and learning,
We beseech you to hear us, good Lord.

To make wars to cease in all the world, and to give
to all nations unity, peace, and concord,
We beseech you to hear us, good Lord.

SATURDAY/SUNDAY

That it may please you to show mercy on all prisoners and captives;
refugees, the homeless, and the hungry;

and all those who are desolate and oppressed,
We beseech you to hear us, good Lord.

To preserve all who are in danger by reason of their work or travel,
We beseech you to hear us, good Lord.

To strengthen the bonds of those in Holy Matrimony;
to uphold the widowed and abandoned;
and to comfort all whose homes are torn by strife,
We beseech you to hear us, good Lord.

To protect the unborn and their parents,
and to preserve all women in childbirth;
We beseech you to hear us, good Lord.

To care for those who have lost children
or face infertility, and to provide for young children and orphans,
We beseech you to hear us, good Lord.

To visit the lonely and those who grieve;
to strengthen all who suffer in mind, body, or spirit;
and to comfort with your presence those who are failing and infirm,
We beseech you to hear us, good Lord.

To support, help, and deliver
all who are in danger, necessity, and tribulation,
We beseech you to hear us, good Lord.

To have mercy upon all people,
We beseech you to hear us, good Lord.

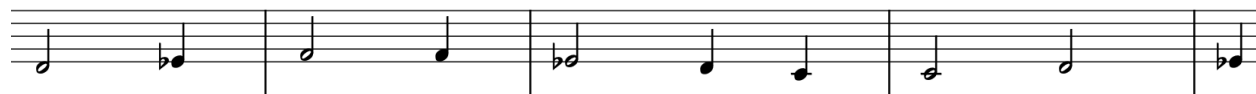
To forgive our enemies, persecutors, and slanderers,
and to turn their hearts,
We beseech you to hear us, good Lord.

To strengthen those who stand; to encourage the faint-hearted;
to raise up those who fall;
and finally to beat down Satan under our feet,
We beseech you to hear us, good Lord.

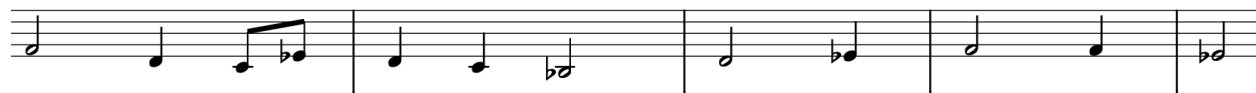
To grant to all the faithful departed eternal life and peace,
We beseech you to hear us, good Lord.

Almighty God, you have promised to hear the petitions of those
who ask in the Name of your Son:
Mercifully incline your ear to us who have made
our prayers and supplications to you;
and grant that what we have asked faithfully,
according to your will, we may obtain effectually,
for the relief of our necessities and the setting forth of your glory;
through Jesus Christ our Lord. **Amen.**

3. HYMN OR ANTHEM *this or another hymn, either sung or said*



Come with us, O bless—ed Je—sus with us



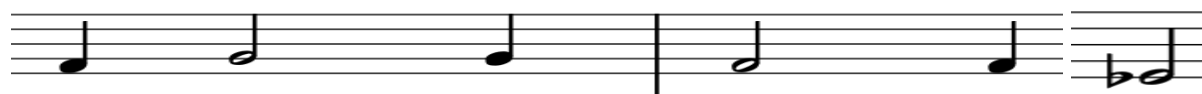
Ev—er m—o—re to be And though leav—ing now



Thine al—tar Let us nev—er m—o—re leave



Thee. Be thou with us now for—ev—er In



Our life thy love di—vine



Our own flesh and blood has tak—en And to



Us thou g—i—v—est thine

III. LECTONARY OF SERVICE *ordinary hospitality for afternoon*

list one thing

1. *Something you took care of for yourself or others (i.e. eat, chore, or exercise),*
2. *one thing you had fun doing (i.e., book, game, or craft)*
- 3, *and one meaningful thing you worked on (work, project, service)*

AFTERNOON OF --/--/--

1. *taking care* _____

2. *having fun* _____

3. *working on* _____

AFTERNOON OF --/--/--

1. *taking care* _____

2. *having fun* _____

3. *working on* _____

AFTERNOON OF --/--/--

1. *taking care* _____

2. *having fun* _____

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AFTERNOON OF --/--/--

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AFTERNOON OF --/--/--

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AFTERNOON OF --/--/--

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1. *taking care* _____
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3. *working on* _____

AFTERNOON OF --/--/--

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

AFTERNOON OF --/--/--

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

I. VESPERS a liturgy for the evening

1. CONFESSION

OPENING ACCLAMATION

Trust in the LORD, and do good;

dwell in the land and befriend faithfulness.

Delight yourself in the LORD,

and he will give you the desires of your heart.

Commit your way to the LORD; trust in him, and he will act.

He will bring forth your righteousness as the light,
and your justice as the noonday.

Be still before the LORD and wait patiently for him PSALM 37:3-9

OPENING PRAYER

O Gracious Light,

pure brightness of the everliving Father in Heaven.

O Jesus Christ, Holy and blessed.

Now as we come to the setting of the sun.

And our eyes behold the vesper light.

We sing your praises O God,

Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,

O Son of God, O Giver of Life.

And to be glorified through all the worlds.

COLLECT FOR PURITY

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 Jesus Christ our Lord. **Amen.**

CONFESSION OF CHRIST

For on the one hand,
a former commandment is set aside
because of its weakness and uselessness
(for the law made nothing perfect);
but on the other hand, a better hope is introduced,
through which we draw near to God.
And it was not without an oath.
For those who formerly became priests
were made such without an oath,
but this one was made a priest with an oath
by the one who said to him:
“The Lord has sworn
and will not change his mind,
‘You are a priest forever.’”
This makes Jesus the guarantor of a better covenant.
The former priests were many in number,
because they were prevented by death from continuing in office,

but he holds his priesthood permanently,
because he continues forever.
Consequently, he is able to save to the uttermost
Those who draw near to God through him,
since he always lives to make intercession for them.

CONFESSION OF SIN

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed, by what we have done,
and by what we have left undone.
We have erred and strayed from yours ways
Like lost sheep.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son our Lord Jesus Christ,
have mercy upon us, forgive us our sins,
and by the power of your Holy Spirit
raise us up to serve you in newness of life,
to the glory of your Name. Amen.**

REQUEST FOR ABSOLUTION

Grant to your faithful people, merciful Lord.
Pardon and peace.
That we may be cleansed from all our sins,
And serve you with a quiet mind,

Through Jesus Christ our Lord.
Grant us true repentance, amendment of life,
And the grace and consolation of the Holy Spirit.
Through Jesus Christ our Lord. **Amen.**

ASSURANCE OF PARDON

Hear the Word of God to all who truly turn to Him:
“But if anyone does sin,
we have an advocate with the Father
Jesus Christ the righteous.
He is the propitiation for our sins.
And not for ours only,
but also for the sins of the whole world.” 1JOHN 2:1-2

2.READINGS

THE PSALMS

MONDAY

Out of the deep have I called unto you, O Lord;
Lord, hear my voice. O let your ears consider well
the voice of my supplications.

If you, Lord, were to mark what is done amiss,
O Lord, who could abide it?

For there is mercy with you; therefore you shall be feared.

I wait for the Lord; my soul waits for him;
in his word is my trust.

My soul waits for the Lord,
more than watchmen for the morning,
more than watchmen for the morning.

O Israel, trust in the Lord, for with the Lord there is mercy,
and with him is plenteous redemption;

And he shall redeem Israel from all their sins. *PSALM 130*

TUESDAY

O Lord, I am not haughty; I have no proud looks.

I do not occupy myself with great matters,
or with things that are too high for me.

But I have stilled and quieted my soul,
like a weaned child upon his mother's breast;
so is my soul quieted within me.

O Israel, trust in the Lord

from this time forth for evermore. *PSALM 131*

WEDNESDAY

Lord, remember David, and all his tribulations,
How he swore unto the Lord, and vowed a vow
unto the Almighty God of Jacob:

“I will not come within the tabernacle of my house,
nor climb up into my bed,

I will not allow my eyes to sleep, nor my eyelids to slumber,
neither the temples of my head to take any rest,
Until I find a place for the temple of the Lord,
a habitation for the mighty God of Jacob.”

Lo, we heard of the ark at Ephrathah
and found it in the wood.

We will go into his tabernacle,
and fall low on our knees before his footstool.

Arise, O Lord, into your resting-place,
you and the ark of your strength.

Let your priests be clothed with righteousness,
and let your saints sing with joy.

For your servant David’s sake,
turn not away the presence of your Anointed.

The Lord has made a faithful oath unto David,
and he shall not shrink from it:

“Of the fruit of your body shall I set upon your throne.

If your children will keep my covenant,
and my testimonies that I shall teach them,

their children also shall sit
upon your throne for evermore.”
For the Lord has chosen Zion for himself;
he has longed for her to be his habitation:
“This shall be my rest for ever;
here will I dwell, for I have a delight therein.
I will bless her provisions with increase,
and will satisfy her poor with bread.
I will clothe her priests with salvation,
and her saints shall rejoice and sing.
There shall I make the horn of David flourish;
I have prepared a lantern for my Anointed.
As for his enemies, I shall clothe them with shame;
but upon his head shall his crown flourish.” *PSALM 132*

THURSDAY

Behold, how good and joyful a thing it is
when brethren dwell together in unity.
It is like the precious ointment upon the head,
that ran down upon the beard, even Aaron’s beard,
and went down to the edges of his clothing,
Like the dew of Hermon, which falls upon the hills of Zion.
For there the Lord promised his blessing,
even life for evermore. *PSALM 133*

FRIDAY

Behold now, praise the Lord, all you servants of the Lord,
You that stand by night in the house of the Lord,
even in the courts of the house of our God.

Lift up your hands in the sanctuary
and sing praises unto the Lord.

The Lord who made heaven and earth
give you blessing out of Zion. *PSALM 134*

SATURDAY

Your hands have made me and fashioned me;
O give me understanding,
that I may learn your commandments.

Those who fear you will be glad when they see me,
because I have put my trust in your word.

I know, O Lord, that your judgments are right,
and that in your faithfulness
you have caused me to be afflicted.

O let your merciful kindness be my comfort,
according to your word to your servant.

O let your loving mercies come to me,
that I may live, for your law is my delight.

Let the proud be put to shame,
for they go about wickedly to destroy me;
but I will meditate on your commandments.

Let those who fear you turn to me,
even those who know your testimonies.

O let my heart be sound in your statutes,
that I may never be put to shame. *PSALM 119: 73-80*

SUNDAY

My soul has longed for your salvation,
and I have a good hope because of your word.
My eyes long sorely for your word,
saying, “O when will you comfort me?”
For I have become like a wineskin in the smoke,
yet I do not forget your statutes.
How many are the days of your servant?
When will you execute judgment
on those who persecute me?
The proud have dug pits for me;
they do not walk after your law.
All your commandments are true.
They persecute me falsely; O Lord, be my help.
They had almost made an end of me on earth,
but I have not forsaken your commandments.
O revive me with your loving-kindness, *
and so shall I keep the testimonies of your mouth. *PSALM 119: 81-88*

After the Psalm,

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

A LESSON FROM SCRIPTURE^{*choose one or more*}

MONDAY

Do not work for the food that perishes,
but for the food that endures to eternal life,
which the Son of Man will give to you.

For on him God the Father has set his seal.”

Then they said to him,

“What must we do, to be doing the works of God?”

Jesus answered them, “This is the work of God,
that you believe in him whom he has sent.”

So they said to him, “Then what sign do you do,
that we may see and believe you?

What work do you perform?

Our fathers ate the manna in the wilderness; as it is written,
‘He gave them bread from heaven to eat.’”

Jesus then said to them, “Truly, truly, I say to you,
it was not Moses who gave you the bread from heaven,
but my Father gives you the true bread from heaven.

For the bread of God is he who comes down from heaven
and gives life to the world.” They said to him,

“Sir, give us this bread always.”

Jesus said to them, “I am the bread of life;
whoever comes to me shall not hunger,
and whoever believes in me shall never thirst.

But I said to you that you have seen me and yet do not believe.

All that the Father gives me will come to me,
and whoever comes to me I will never cast out.

For I have come down from heaven,
not to do my own will but the will of him who sent me.
And this is the will of him who sent me,
that I should lose nothing of all that he has given me,
but raise it up on the last day.
For this is the will of my Father,
that everyone who looks on the Son and believes in him
Should have eternal life, and I will raise him up on the last day.”

TUESDAY

“Men of Israel, hear these words: Jesus of Nazareth,
a man attested to you by God with mighty works and wonders
and signs that God did through him in your midst,
as you yourselves know— this Jesus, delivered up
according to the definite plan and foreknowledge of God,
you crucified and killed by the hands of lawless men.
God raised him up, loosing the pangs of death,
because it was not possible for him to be held by it.

For David says concerning him,
“I saw the Lord always before me,
for he is at my right hand that I may not be shaken;
therefore my heart was glad, and my tongue rejoiced;
my flesh also will dwell in hope.
For you will not abandon my soul to Hades,
or let your Holy One see corruption.
You have made known to me the paths of life;
you will make me full of gladness with your presence.’

“Brothers, I may say to you with confidence

about the patriarch David that he both died and was buried,
and his tomb is with us to this day.

Being therefore a prophet,
and knowing that God had sworn with an oath to him
that he would set one of his descendants on his throne,
he foresaw and spoke about the resurrection of the Christ,
that he was not abandoned to Hades,
nor did his flesh see corruption.

This Jesus God raised up, and of that we all are witnesses.

Being therefore exalted at the right hand of God,
and having received from the Father the promise of the Holy Spirit,
he has poured out this that you yourselves are seeing and hearing.
For David did not ascend into the heavens, but he himself says,

*“The Lord said to my Lord,
“Sit at my right hand,
until I make your enemies your footstool.”*

“Let all the house of Israel therefore know for certain
That God has made Him both Lord and Christ
This Jesus whom you crucified.”

Now when they heard this they were cut to the heart,
and said to Peter and the rest of the apostles,

“Brothers, what shall we do?”

And Peter said to them,

“Repent and be baptized every one of you
in the name of Jesus Christ for the forgiveness of your sins,
and you will receive the gift of the Holy Spirit.

For the promise is for you and for your children

and for all who are far off,
everyone whom the Lord our God calls to himself.”
And with many other words he bore witness
and continued to exhort them, saying,
“Save yourselves from this crooked generation.”
So those who received his word were baptized,
and there were added that day about three thousand souls.
And they devoted themselves to the apostles’ teaching
And the fellowship, to the breaking of bread and the prayers.

WEDNESDAY

But when Christ appeared as a high priest
of the good things that have come,
then through the greater and more perfect tent
(not made with hands, that is, not of this creation)
he entered once for all into the holy places,
not by means of the blood of goats and calves
but by means of his own blood,
thus securing an eternal redemption.
For if the blood of goats and bulls,
and the sprinkling of defiled persons with the ashes of a heifer,
sanctify for the purification of the flesh,
how much more will the blood of Christ,
who through the eternal Spirit offered himself
without blemish to God,
purify our conscience from dead works to serve the living God.
Therefore he is the mediator of a new covenant,

so that those who are called may receive
the promised eternal inheritance,
since a death has occurred that redeems them
from the transgressions committed under the first covenant.

For Christ has entered, not into holy places made with hands,
which are copies of the true things, but into heaven itself,
now to appear in the presence of God on our behalf.

Nor was it to offer himself repeatedly,
as the high priest enters the holy places every year
with blood not his own,
for then he would have had to suffer repeatedly
since the foundation of the world.

But as it is, he has appeared once for all at the end of the ages
to put away sin by the sacrifice of himself.

And just as it is appointed for man to die once,
and after that comes judgment, so Christ, having been offered once
to bear the sins of many, will appear a second time, not to deal
with sin but to save those who are eagerly waiting for him.

HEBREWS 9:24-28

THURSDAY

Therefore do not be ashamed of the testimony
about our Lord, nor of me his prisoner,
but share in suffering for the gospel by the power of God,
who saved us and called us to a holy calling,
not because of our works
but because of his own purpose and grace,

which he gave us in Christ Jesus before the ages began,
and which now has been manifested
through the appearing of our Savior Christ Jesus,
who abolished death
and brought life and immortality to light through the gospel,
for which I was appointed a preacher and apostle and teacher,
which is why I suffer as I do.

But I am not ashamed, for I know whom I have believed,
and I am convinced that he is able to guard until that day
what has been entrusted to me.

Follow the pattern of the sound words
that you have heard from me,
in the faith and love that are in Christ Jesus.

By the Holy Spirit who dwells within us,
guard the good deposit entrusted to you.

You then, my child,
be strengthened by the grace that is in Christ Jesus,
and what you have heard from me
in the presence of many witnesses
entrust to faithful men, who will be able to teach others also.

Share in suffering as a good soldier of Christ Jesus.

No soldier gets entangled in civilian pursuits,
since his aim is to please the one who enlisted him.

Remember Jesus Christ risen from the dead,
the offspring of David, as preached in my gospel,
for which I am suffering, bound with chains as a criminal.
But the word of God is not bound!

Therefore I endure everything for the sake of the elect,
That they also may obtain the salvation that is in Christ Jesus
with eternal glory.

FRIDAY

The thief comes only to steal and kill and destroy.
I come that they may have life and have it abundantly
I am the good shepherd.
The good shepherd lays down his life for the sheep.
He who is a hired hand and not a shepherd,
Who does not own the sheep, sees the wolf coming,
And leaves the sheep and flees,
And the wolf snatches them and scatters them.
He flees because he is a hired hand and cares nothing for the sheep
I am the good shepherd. I know my own and my own know me.
Just as the Father knows me and I know the Father;
And I lay down my life for the sheep.
And I have other sheep that are not of this fold
I must bring them also, and they will listen to my voice
So there will be one flock, one shepherd.
For this reason the Father loves me, because I lay down my life
That I may take it up again.
No one takes it from me, but I lay it down of my own accord.
I have authority to lay it down,
And I have authority to take it up again.
This charge I have received from my Father.

SATURDAY

For we are the circumcision,
who worship by the Spirit of God and glory in Christ Jesus
and put no confidence in the flesh—
though I myself have reason for confidence in the flesh also.
If anyone else thinks he has reason for confidence in the flesh,
I have more: circumcised on the eighth day, of the people of Israel,
of the tribe of Benjamin, a Hebrew of Hebrews;
as to the law, a Pharisee; as to zeal, a persecutor of the church;
as to righteousness under the law, blameless.
But whatever gain I had, I counted as loss for the sake of Christ. I
indeed, I count everything as loss
because of the surpassing worth of knowing Christ Jesus my Lord.
For his sake I have suffered the loss of all things
and count them as rubbish, in order that I may gain Christ
and be found in him, not having a righteousness of my own
that comes from the law, but that which comes
through faith in Christ, the righteousness from God
that depends on faith— that I may know him
and the power of his resurrection, and may share his sufferings,
becoming like him in his death, that by any means possible
I may attain the resurrection from the dead.
Not that I have already obtained this or am already perfect,
but I press on to make it my own,
because Christ Jesus has made me his own.
Brothers, I do not consider that I have made it my own.
But one thing I do: forgetting what lies behind

and straining forward to what lies ahead,
I press on toward the goal
for the prize of the upward call of God in Christ Jesus.

SUNDAY

And he said to them,
“O foolish ones, and slow of heart
to believe all that the prophets have spoken!
Was it not necessary that the Christ should suffer these things
and enter into his glory?”
And beginning with Moses and all the Prophets,
he interpreted to them in all the Scriptures
the things concerning himself.
So they drew near to the village to which they were going.
He acted as if he were going farther,
but they urged him strongly, saying, “Stay with us,
for it is toward evening and the day is now far spent.”
So he went in to stay with them.
When he was at table with them, he took the bread
and blessed and broke it and gave it to them.
And their eyes were opened, and they recognized him.
And he vanished from their sight.
They said to each other, “Did not our hearts burn
within us while he talked to us on the road,
while he opened to us the Scriptures?”
And they rose that same hour and returned to Jerusalem.
And they found the eleven

and those who were with them gathered together,
saying, "The Lord has risen indeed, and has appeared to Simon!"
Then they told what had happened on the road,
and how he was known to them in the breaking of the bread.
As they were talking about these things,
Jesus himself stood among them, and said to them,
"Peace to you!" But they were startled and frightened
and thought they saw a spirit. And he said to them,
"Why are you troubled, and why do doubts arise in your hearts?
See my hands and my feet, that it is I myself.
Touch me, and see. For a spirit does not have flesh
and bones as you see that I have."
And when he had said this,
he showed them his hands and his feet.
And while they still disbelieved for joy and were marveling,
he said to them, "Have you anything here to eat?"
They gave him a piece of broiled fish,
and he took it and ate before them.
Then he said to them,
"These are my words that I spoke to you
while I was still with you,
that everything written about me in the Law of Moses
and the Prophets and the Psalms must be fulfilled."
Then he opened their minds to understand the Scriptures,
and said to them, "Thus it is written,
that the Christ should suffer
and on the third day rise from the dead,

and that repentance for the forgiveness of sins should be proclaimed in his name to all nations, beginning from Jerusalem.

You are witnesses of these things.

And behold, I am sending the promise of my Father upon you.

But stay in the city until you are clothed with power from on high.”

after the reading,

The Word of the Lord

Thanks be to God

CANTICLE *following the lesson, choose one or more*

MONDAY/WEDNESDAY/FRIDAY

Alleluia. Christ our Passover has been sacrificed for us;

therefore let us keep the feast,

Not with the old leaven, the leaven of malice and evil,

but with the unleavened bread

of sincerity and truth. Alleluia.

Christ, being raised from the dead will never die again;

death no longer has dominion over him.

The death that he died, he died to sin, once for all;

but the life he lives, he lives to God.

So also consider yourselves dead to sin, and alive to God

in Jesus Christ our Lord. Alleluia.

Christ has been raised from the dead,

the firstfruits of those who have fallen asleep.

For since by a man came death,

by a man has come also the resurrection of the dead.

For as in Adam all die,
so also in Christ shall all be made alive. Alleluia

TUESDAY/THURSDAY

Surely, it is God who saves me;

I will trust in him and not be afraid.

For the Lord is my stronghold and my sure defense,
and he will be my Savior.

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

And on that day you shall say,

Give thanks to the Lord and call upon his Name;

Make his deeds known among the peoples;

see that they remember that his Name is exalted.

Sing the praises of the Lord,

for he has done great things,

and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy,

for the great one in the midst of you

is the Holy One of Israel.ISAIAH 12:2-6

SATURDAY/SUNDAY

My soul magnifies the Lord,

and my spirit rejoices in God my Savior;

For he has regarded the lowliness of his handmaiden.

For behold, from now on, all generations will call me blessed;

For he that is mighty has magnified me,

and holy is his Name.

And his mercy is on those who fear him,
throughout all generations.

He has shown the strength of his arm;
**he has scattered the proud
in the imagination of their hearts.**

He has brought down the mighty from their thrones,
and has exalted the humble and meek.

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

He, remembering his mercy,
has helped his servant Israel,

as he promised to our fathers,

Abraham and his seed for ever. LUKE 1:46-55

APOSTLES' CREED *a summary of Scripture*

**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 Holy Spirit
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

He descended to the dead.

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 catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.**

Amen.

3.PETITIONS

Lord, have Mercy

Christ, have Mercy

Lord, have Mercy

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

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

SUFFRAGES

Save your people, Lord, and bless your inheritance;

Govern and uphold them, now and always.

Day by day we bless you;

We praise your name for ever.

Lord, keep us from all sin today;

Have mercy upon us, Lord, have mercy.

Lord, show us your love and mercy;

For we put our trust in you.

In you, Lord, is our hope;

Let us never be put to shame.

PRAYER OF THE DAY

MONDAY

Lord Jesus, stay with us,
for evening is at hand and the day is past;
be our companion in the way,
kindle our hearts and awaken hope, that we may know you
as you are revealed in Scripture and the breaking of bread.
Grant this for the sake of your love. **Amen.**

TUESDAY

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

WEDNESDAY

O God, the source of all holy desires,
all good counsels, and all just works:
Give to your servants that peace which the world cannot give,
that our hearts may be set to obey your commandments,
and that we, being defended from the fear of our enemies,
may pass our time in rest and quietness;
through the merits of Jesus Christ our Savior. **Amen.**

THURSDAY

Hasten, O Father, the coming of your kingdom,
And grant that we your servants, who now live by faith,
May with joy behold you Son in His coming in glorious majesty,
Jesus Christ, our only mediator and advocate. **Amen.**

FRIDAY

Almighty and everlasting God,
Whose will it is to restore all things
In your well-beloved Son, the king of kings
And Lord of lords: mercifully grant that the peoples of the earth,
Divided and enslaved by sin,
May be freed and brought together
Under his most gracious rule;
Who lives and reigns with you
And the Holy Spirit, one God, now and forever. **Amen.**

SATURDAY

O God, because without you
We are not able to please you,
Mercifully grant that your Holy Spirit
May in all things direct and rule our hearts:
Through Jesus Christ our Lord,
Who lives and reigns with you and the Holy Spirit,
One God, now and forever. **Amen.**

SUNDAY

Almighty God, whose blessed Son
Our Savior Jesus Christ ascended far above all heavens,
That he might fill all things:
Mercifully give us faith to perceive that, according to His promise,
He abides with His Church on earth,
Even to the end of the ages,
Through Jesus Christ our Lord, who lives and reigns with you
And the Holy Spirit, one God, in glory everlasting. Amen.

PRAYER FOR MISSION

Almighty god, you gave such grace to your apostle Andrew,
That he readily obeyed the call of your Son Jesus Christ,
And brought his brother with him:
give us, who are called by your holy Word,
Grace to follow him without delay, and to bring those near to us
Into His gracious presence, who lives and reigns with you
and the Holy Spirit, one God, now and forever. Amen.

CLOSING PETITION

**Heavenly Father, you have promised
to hear what we ask in the Name of Your Son:
Accept and fulfill our petitions, we pray,
not as we ask in our ignorance,
nor as we deserve in our sinfulness,
but as you know and love us
in your Son Jesus Christ our Lord. Amen.**

THE GENERAL THANKSGIVING *optional more than once a day*

**Almighty God, Father of all mercies,
we, your unworthy servants,
give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.**

**We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world
by our Lord Jesus Christ;**

For the means of grace, and for the hope of glory.

**And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts
we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;**

**Through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.**

THE CALL OF CHRIST

“I have said these things to you,
that in me you may have peace.
In the world you will have tribulation.
But take heart; I have overcome the world.” *JOHN 16:33*

When Jesus had spoken these words,
He lifted up his eyes to heaven and said,
“Father, the hours has come: glorify your Son,
That the Son may glorify you,
Since you have given him authority over all flesh,
To give eternal life to all whom you have given him.
And this is eternal life: that they know you, the only true God,
And Jesus Christ whom you have sent.

BENEDICTION

And I heard a loud voice in heaven,
saying, “Now the salvation
and the power and the kingdom of our God
and the authority of his Christ have come,
For the accuser of our brothers has been thrown down,
who accuses them day and night before our God.
And they have conquered him
by the blood of the Lamb and by the word of their testimony”

FINAL ACCLAMATION

We proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come again.

II. THE DECALOGUE *a way to trust him with what we do and have done*

1. MEDITATION

And God spoke all these words, saying,
“I am the LORD your God,
who brought you out of the land of Egypt,
out of the house of slavery.
You shall have no other gods before me.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

You shall not make for yourself any idol.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

You shall not take the Name of the Lord your God in vain.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

Remember the Sabbath day and keep it holy.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

Honor your father and your mother.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

You shall not murder.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

You shall not commit adultery.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

You shall not steal.

Breathe in Lord, have mercy upon us,
Breathe out and incline our hearts to keep this law.

You shall not bear false witness against your neighbor.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

You shall not covet.

Breathe in Lord, have mercy upon us,
Breathe out **and incline our hearts to keep this law.**

“And now, Israel, what does the LORD your God require of you, but to fear the LORD your God, to walk in all his ways, to love him, to serve the LORD your God with all your heart and with all your soul, and to keep the commandments and statutes of the LORD, which I am commanding you today for your good? Behold, to the LORD your God belong heaven and the heaven of heavens, the earth with all that is in it. Yet the LORD set his heart in love on your fathers and chose their offspring after them, you above all peoples, as you are this day. Circumcise therefore the foreskin of your heart, and be no longer stubborn.

Lord, have mercy upon us, and write all these, your laws, in our hearts, we beseech you. *Exodus 20:1-17; Deuteronomy 5:6-21*

For the LORD your God is God of gods and Lord of lords, the great, the mighty, and the awesome God, who is not partial and takes no bribe.

He executes justice for the fatherless and the widow, and loves the sojourner, giving him food and clothing. Love the sojourner, therefore, for you were sojourners in the land of Egypt.

You shall fear the LORD your God.
You shall serve him and hold fast to him,
and by his name you shall swear. He is your praise.
He is your God, who has done for you
these great and terrifying things that your eyes have seen.
Your fathers went down to Egypt seventy persons,
and now the LORD your God
has made you as numerous as the stars of heaven.

**Lord, have mercy upon us, and write all these, your laws,
in our hearts, we beseech you.** *Exodus 20:1-17; Deuteronomy 5:6-21*

Hear what our Lord Jesus Christ says:

“You shall love the Lord your God
with all your heart, and with all your soul and with all your mind.
This is the first and great commandment. and the second is like it:
You shall love your neighbor as yourself: on these two
commandments depend all the Law and the Prophets.” MATT. 22: 34-40

**Lord, have mercy upon us, and write all these, your laws,
in our hearts, we beseech you**

A new commandment I give to you, that you love one another:
just as I have loved you, you also are to love one another.
By this all people will know that you are my disciples,
if you have love for one another.” *JOHN 13:35*

**Lord, have mercy upon us, and write all these, your laws,
in our hearts, we beseech you**

And this is his commandment, that we believe in the name
of his Son Jesus Christ and love one another,
just as he has commanded us. *1JOHN 3:23*

**Lord, have mercy upon us, and write all these, your laws,
in our hearts, we beseech you**

“Behold, the days are coming, declares the LORD,
when I will make a new covenant with the house of Israel
and the house of Judah, not like the covenant
that I made with their fathers on the day
when I took them by the hand to bring them
out of the land of Egypt, my covenant that they broke,
though I was their husband, declares the LORD.
For this is the covenant that I will make with the house of Israel
after those days, declares the LORD:
I will put my law within them, and I will write it on their hearts.
And I will be their God, and they shall be my people.
And no longer shall each one teach his neighbor
and each his brother, saying, ‘Know the LORD,’
for they shall all know me, from the least of them to the greatest,
declares the LORD.
For I will forgive their iniquity,
and I will remember their sin no more.”

Lord, have mercy upon us, and write all these, your laws, in our hearts, we beseech you. *Exodus 20:1-17; Deuteronomy 5:6-21*

And I will betroth you to me forever.

I will betroth you to me in righteousness and in justice, in steadfast love and in mercy.

I will betroth you to me in faithfulness.

And you shall know the LORD.

“And in that day I will answer,

declares the LORD, I will answer the heavens,

and they shall answer the earth,

and the earth shall answer the grain, the wine, and the oil,

and they shall answer Jezreel,

and I will sow her for myself in the land.

And I will have mercy on No Mercy,

and I will say to Not My People, ‘You are my people’;

and he shall say, ‘You are my God.’”

Lord, have mercy upon us, and write all these, your laws, in our hearts, we beseech you. *Exodus 20:1-17; Deuteronomy 5:6-21*

2.INTERCESSIONS

O God, your blessed Son became poor for our sake,
and chose the Cross over the kingdoms of this world:
Deliver us from an inordinate love
of worldly things, that we, inspired
by the devotion of your servants
may seek you with singleness of heart,
behold your glory by faith, and attain to the riches
of your everlasting kingdom, where we shall be united
with our Savior Jesus Christ; who lives and reigns with you
and the Holy Spirit, one God, now and for ever. **Amen.**

O God, who for our redemption
gave your only begotten Son to die upon the Cross,
and by his glorious resurrection
delivered us from the devil and the power of death:
Grant us grace to die daily to sin,
that we may live with him in the joy of his resurrection;
who lives and reigns with you and the Holy Spirit,
now and for ever. **Amen.**

By the Cross we are redeemed,
set free from bondage to sin and death.
The Cross is a sign of God's never-ending love for us.
It is a sign of life, in the midst of death.

The Offering of Christ once made
is perfect redemption, propitiation, and satisfaction,
for all the sins of the whole world,
both original and actual;
and there is none other satisfaction for sin, but that alone.

Behold the wood of the Cross,
on which was hung the world's Salvation.

We glory in your Cross, O Lord,
and praise and glorify your holy resurrection;
for by virtue of your Cross
joy has come to the whole world.
We adore you, O Christ, and we bless you,
because by your holy Cross
you have redeemed the world.

MONDAY/WEDNESDAY/FRIDAY

For all our unfaithfulness and disobedience; for the pride, vanity,
and hypocrisy of our lives;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our self-pity and impatience, and our envy of those
we think more fortunate than ourselves;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our unrighteous anger, bitterness, and resentment;
for all lies, gossip, and slander against our neighbors;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our sexual impurity, our exploitation of other people,
and our failure to give of ourselves in love;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our self-indulgent appetites and ways,
and our intemperate pursuit of worldly goods and comforts;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our dishonesty in daily life and work,
our ingratitude for your gifts, and our failure to heed your call.

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our wastefulness and misuse of your creation,
and our lack of concern for those who come after us;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

Owe no one anything, except to love each other,
for the one who loves another has fulfilled the law.
For the commandments, “You shall not commit adultery,
You shall not murder, You shall not steal,
You shall not covet,” and any other commandment,
are summed up in this word:

“You shall love your neighbor as yourself.”

Love does no wrong to a neighbor;
therefore love is the fulfilling of the law.

Besides this you know the time, that the hour has come
for you to wake from sleep. For salvation is nearer to us now
than when we first believed.

The night is far gone; the day is at hand.

So then let us cast off the works of darkness
and put on the armor of light.

Let us walk properly as in the daytime,
not in orgies and drunkenness,
not in sexual immorality and sensuality,

not in quarreling and jealousy.
But put on the Lord Jesus Christ,
and make no provision for the flesh, to gratify its desires. *ROM.13:8-14*

TUESDAY/THURSDAY

For our blindness to human need and suffering,
and our indifference to injustice and cruelty;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For all false judgments, for prejudice and contempt of others,
and for all uncharitable thoughts toward our neighbors;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our negligence in prayer and worship;
for our presumption and abuse of your means of grace;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For seeking the praise of others
rather than the approval of God;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

For our failure to commend the faith that is in us;

Breathe in Lord, have mercy upon us:

Breathe out **For we have sinned against you.**

What shall we say then?

Are we to continue in sin that grace may abound?

By no means! How can we who died to sin still live in it?

Do you not know that all of us who have been baptized

Into Christ Jesus were baptized into his death?

We were buried therefore with him by baptism

Into death, in order that, just as Christ was raised from

The dead by the glory of the Father,

We too might walk in newness of life.

For if we have been united with him in a death like his

We shall certainly be united with him in a resurrection like his

We know that our old self was crucified with him

In order that the body of sin might be brought to nothing

So that we would no longer be enslaved to sin.

For one who has died has been set free from sin.

Now if we have died with Christ,

We believe that we will also live with him,

We know that Christ, being raised from the dead,

will never die again. Death no longer has dominion over him.
For the death that he died he died to sin, once for all.
But the life he lives to he lives to God.
So you also must consider yourselves dead to sin
And alive to God in Christ Jesus.
Let not sin therefore reign in you mortal body,
To make you obey its passion.
Do not present your members to sin
as instruments for unrighteousness,
But present yourselves to God
As those who have been brought from death to life,
And your members to God as instruments for righteousness.
For sin will have no dominion over you,
Since you are not under law but under grace.

SATURDAY/SUNDAY

For our sins he was lifted high upon the Cross,
that he might draw the whole world to himself;
and by his suffering and death
he became the author of eternal salvation
for all who put their trust in him.

O Lord our God, grant us grace
to desire you with our whole heart,
That desiring you, we may seek you
And that seeking you, we may find,
And that finding you, we may love you,

And that loving you, we may hate those sins
From which you have delivered us,
Through Jesus Christ our Lord. **Amen.**

“Come to me, all who labor and are heavy laden,
and I will give you rest.” *MATTHEW 11:28*

For you were called to freedom, brothers,
Only do not use your freedom as an opportunity
For the flesh, but through love serve one another.
For the whole law is fulfilled in one word:
“You shall love your neighbor as yourself.”
But if you bit and one another, watch out
That you are not consumed by one another.
But I say, walk by the Spirit,
And you will not gratify the desires of the flesh.
For the desires of the flesh are against the Spirit,
And the desires of the Spirit are against the flesh,
For these are opposed to each other, to keep you
From doing the things you want to do.
But if you are led by the Spirit, you are not under the law.

But the fruit of the Spirit is love, joy, peace, patience,
Kindness, goodness, faithfulness, gentleness,
Self-control; against such things there is no law.
And those who belong to Christ Jesus
Have crucified the flesh with its passions and desires.

Bear one another's burdens, and so fulfill the law of Christ.

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

Look: I, Paul, say to you that if you accept circumcision, Christ will be of no advantage to you.

I testify again to every man who accepts circumcision that he is obligated to keep the whole law.

You are severed from Christ, you who would be justified by the law; you have fallen away from grace.

For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness.

For in Christ Jesus neither circumcision nor uncircumcision counts for anything, but only faith working through love.

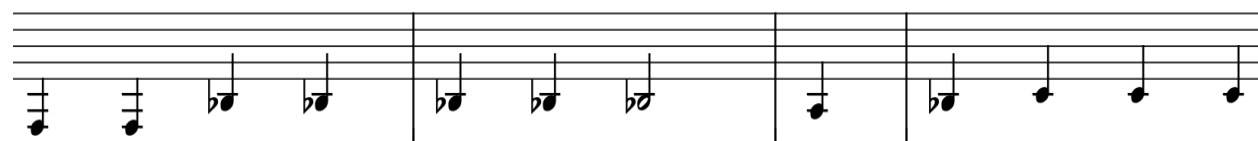
But far be it from me to boast except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world.

For neither circumcision counts for anything, nor uncircumcision, but a new creation.

And as for all who walk by this rule, peace and mercy be upon them, and upon the Israel of God.

From now on let no one cause me trouble, for I bear on my body the marks of Jesus.

3. HYMN OR ANTHEM



Christ is ris—en from the dead Christ is ris-en from



The dead Christ i—s r—i—sen from th—e



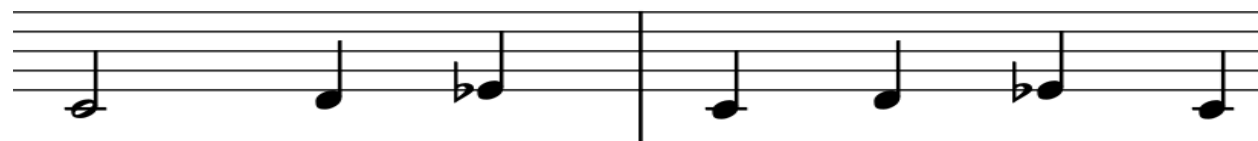
Dead. B—y d—e—ath he tramp—led death



B—y d—e—ath he tramp—led death and to



Those caught in the tombs And to those caught in the



Tombs He's grant—ed He's grant—ed



H—e's grant—ed life.

III. LECTONARY OF SERVICE *ordinary hospitality for the evening*

list one thing

- 1. Something you took care of for yourself or others (i.e. eat, chore, or exercise),*
- 2. one thing you had fun doing (i.e., book, game, or craft)*
- 3, and one meaningful thing you worked on (work, project, service)*

EVENING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
- 3. working on* _____

EVENING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
- 3. working on* _____

EVENING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
- 3. working on* _____

EVENING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
- 3. working on* _____

EVENING OF ---/---/---

- 1. taking care* _____
- 2. having fun* _____
- 3. working on* _____

EVENING OF ---/---/---

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

EVENING OF ---/---/---

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

EVENING OF ---/---/---

1. *taking care* _____
2. *having fun* _____
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EVENING OF ---/---/---

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EVENING OF ---/---/---

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EVENING OF ---/---/---

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EVENING OF ---/---/---

1. *taking care* _____
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EVENING OF ---/---/---

1. *taking care* _____
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EVENING OF ---/---/---

1. *taking care* _____
2. *having fun* _____
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EVENING OF ---/---/---

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

EVENING OF ---/---/---

1. *taking care* _____
2. *having fun* _____
3. *working on* _____

I. COMPLINE *the promises of Scripture for bedtime*

1. CONFESSION

OPENING ACCLAMATION

But I am like a green olive tree in the house of God.

I trust in the mercy of God forever and ever. *PSALM 52:8*

OPENING PRAYER

Jesus, Lamb of God,

have Mercy on us

Jesus, bearer of our sins,

have Mercy on us

Jesus, redeemer of the world,

give us your peace.

COLLECT FOR PURITY

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 Jesus Christ our Lord. **Amen.**

CONFESSION OF CHRIST

Therefore, brothers,
since we have confidence to enter the holy places
by the blood of Jesus,

by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for he who promised is faithful

CONFESSION OF SIN

**Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have erred and strayed from your ways
Like lost sheep.
We have not loved you with our whole heart;
We have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son our Lord Jesus Christ,
have mercy upon us, forgive us our sins,
and by the power of your Holy Spirit
raise us up to serve you in newness of life,
to the glory of your Name. Amen.**

REQUEST FOR ABSOLUTION

Grant to you faithful people, merciful Lord,
Pardon and peace.

That we may be cleansed from all our sins,
And serve you with a quiet mind.

Through Jesus Christ our Lord.

Grant us true repentance, amendment of life.

And the grace and consolation of the Holy Spirit.

According to your Holy Word.

ASSURANCE OF PARDON

Hear the Word of God

to all who truly turn to Him:

“Come to me, all who labor

and are heavy laden, and I will give you rest.” *MATTHEW 11:28*

2.READINGS

PSALM 27

The Lord is my light and my salvation;
whom then shall I fear?

The Lord is the strength of my life;
of whom then shall I be afraid?

When the wicked, even my enemies and my foes,
came upon me to eat up my flesh, they stumbled and fell.

Though a host were encamped against me,
yet my heart would not be afraid,
and though war rose up against me,
yet would I put my trust in him.

One thing have I desired of the Lord; one thing I seek:
that I may dwell in the house of the Lord all the days of my life,
To behold the fair beauty of the Lord,
and to seek him in his temple.

For in the time of trouble he shall hide me in his tabernacle;
indeed, in the secret place of his dwelling he shall hide me,
and set me high upon a rock of stone.

And now he shall lift up my head
above my enemies round about me.

Therefore I will offer in his dwelling
an oblation with great gladness;

I will sing and speak praises unto the Lord.

Hearken to my voice, O Lord,
when I cry unto you; have mercy upon me and hear me.

You speak to my heart and say, "Seek my face."

Your face, O Lord, will I seek.
O hide not your face from me,
nor cast your servant away in displeasure.
You have been my helper; leave me not, neither forsake me,
O God of my salvation.
When my father and my mother forsake me,
the Lord takes me in.
Teach me your way, O Lord,
and lead me in the right way, because of my enemies.
Deliver me not over to the will of my adversaries,
for there are false witnesses who have risen up
against me, and those who speak wrong.
I would utterly have fainted,
had I not believed that I would see the
goodness of the Lord in the land of the living.
O wait for the Lord; be strong, and he shall comfort your heart.
O put your trust in the Lord.

After the Psalm,

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

A LESSON FROM SCRIPTURE *choose one or more*

See what kind of love the Father has given to us,
that we should be called children of God; and so we are.

The reason why the world does not know us
is that it did not know him.

Beloved, we are God's children now,
and what we will be has not yet appeared;
but we know that when he appears we shall be like him,
because we shall see him as he is.

And everyone who thus hopes in him
purifies himself as he is pure. *1JOHN 3:1-3*

after the lesson,

The Word of the Lord

Thanks be to God

CANTICLE *after the reading, choose one or more*

THE SONG OF SIMEON

Lord, you now have set your servant free

to go in peace as you have promised;

For these eyes of mine have seen the Savior,

whom you have prepared for all the world to see:

A Light to enlighten the nations,

and the glory of your people Israel. *LUKE 2:29-32*

APOSTLES' CREED *a summary of Scripture*

**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 Holy Spirit
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

He descended to the dead.

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 catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

3.COLLECTS,

Lord, have Mercy

Christ, have Mercy

Lord, have Mercy

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

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

SUFFRAGES

Save your people, Lord, and bless your inheritance;

Govern and uphold them, now and always.

Day by day we bless you;

We praise your name for ever.

Lord, keep us from all sin today;

Have mercy upon us, Lord, have mercy.

Lord, show us your love and mercy;

For we put our trust in you.

In you, Lord, is our hope;

Let us never be put to shame.

PRAYER OF THE DAY

Lighten our darkness, we beseech you, O Lord;
and by your great mercy
defend us from all perils and dangers of this night;
for the love of your only Son,
our Savior Jesus Christ. **Amen.**

PRAYER FOR MISSION

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.**

CLOSING PETITION

**Heavenly Father, you have promised
to hear what we ask in the Name of Your Son:
Accept and fulfill our petitions, we pray,
not as we ask in our ignorance,
nor as we deserve in our sinfulness,
but as you know and love us
in your Son Jesus Christ our Lord. Amen.**

THE GENERAL THANKSGIVING

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

THE CALL OF CHRIST

Behold, I stand at the door and knock.
If anyone hears my voice and opens the door,
I will come in to him and eat with him, and he with me.

REVELATION 3:20

BENEDICTION

Blessed are those who wash their robes,
so that they may have the right to the tree of life
and that they may enter the city by the gates.
The Spirit and the Bride say, “Come.”
And let the one who hears say, “Come.”
And let the one who is thirsty come;
let the one who desires take the water of life without price.
He who testifies to these things says, “Surely I am coming soon.”
Amen. Come, Lord Jesus! *REVELATION 22:14,17,20*

FINAL ACCLAMATION

We proclaim the mystery of faith.

Christ has died.

Christ is risen.

Christ will come again.

II. THE BEATITUDES *trusting Him with ourselves*

1. MEDITATION

And he opened his mouth and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Breathe in Amen,

Breathe out **Come Lord Jesus**

“Blessed are those who mourn, for they shall be comforted.

Breathe in Amen,

Breathe out **Come Lord Jesus**

“Blessed are the meek, for they shall inherit the earth.

Breathe in Amen,

Breathe out **Come Lord Jesus**

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Breathe in Amen,

Breathe out **Come Lord Jesus**

“Blessed are the merciful, for they shall receive mercy.

Breathe in Amen,

Breathe out **Come Lord Jesus**

“Blessed are the pure in heart, for they shall see God.

Breathe in Amen,
Breathe out **Come Lord Jesus**

“Blessed are the peacemakers, for they shall be called sons of God.

Breathe in Amen,
Breathe out **Come Lord Jesus**

“Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.

Breathe in Amen,
Breathe out **Come Lord Jesus**

“Blessed are you when others revile you and persecute you
and utter all kinds of evil against you falsely on my account.

Breathe in Amen,
Breathe out **Come Lord Jesus**

Rejoice and be glad, for your reward is great in heaven,
for so they persecuted the prophets who were before you.

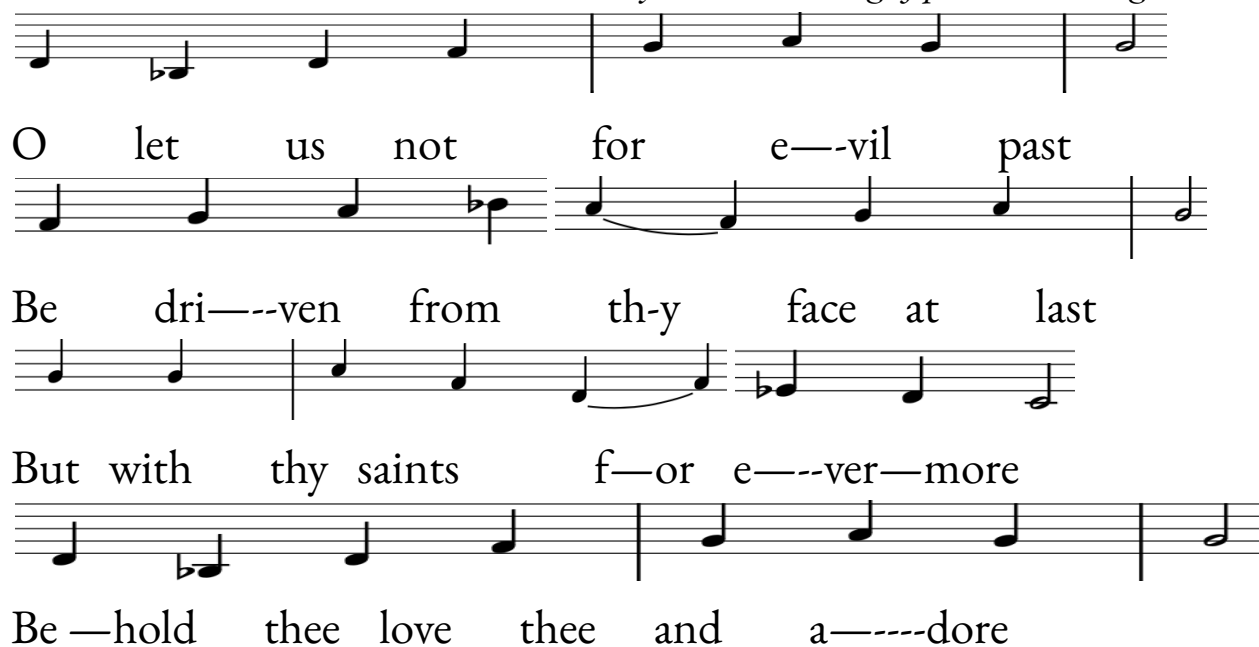
Breathe in Amen,
Breathe out **Come Lord Jesus**

2. INTERCESSION

O Lord our heavenly Father,
whose blessed Son came not to be served, but to serve:
We ask you to bless all who, following in his steps,
give themselves to the service of others;
endue them with wisdom, patience, and courage,
that they may strengthen the weak and raise up those who fall,
and, being inspired by your love,
may worthily minister to the suffering, the friendless,
and the needy; for the sake of him who laid down his life for us,
your Son our Savior Jesus Christ. **Amen.**

Father, in your mercy dispel the darkness of this night,
and let your servant sleep in peace,
that at the dawn of a new day I may wake with joy in your Name;
through Christ our Lord. **Amen.**

3. ANTHEM OR HYMN *this hymn or other song of praise to be sung or said*



O let us not for e—vil past
Be dri—ven from th-y face at last
But with thy saints f—or e—ver—more
Be—hold thee love thee and a—dore

III. THE LECTIONARY OF SERVICE

List three things you are grateful to Jesus for today

Bedtime of —/—/—/

1 _____ 2 _____ 3 _____

Bedtime of —/—/—/

1 _____ 2 _____ 3 _____

Bedtime of —/—/—/

1 _____ 2 _____ 3 _____

Bedtime of —/—/—/

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