



EASTER SEASON

**PRAYER GUIDE
2022**

“[If] Lent is a time to give things up, Easter ought to be a time to take things up. Champagne for breakfast again—well, of course. Christian holiness was never meant to be merely negative....

[The Easter Season ought to be a time to balance out Lent by taking something up, some new task or venture, something wholesome and fruitful and outgoing and self-giving.

[If] you really make a start on it, it might give you a sniff of new possibilities, new hopes, new ventures you never dreamed of. It might bring something of Easter into your innermost life. It might help you wake up in a whole new way. And that’s what Easter is all about.”

NT WRIGHT | *SURPRISED BY HOPE*

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Celebrating the Resurrection

There's much wisdom in preparing for Easter for 40 days because Easter itself is a 50 day celebration in response to the resurrection of Jesus Christ, his victory over sin and death, and his gift of new and everlasting life. Yes, that's right: Easter is much more than one Sunday of chocolates, pastel outfits, egg hunts, and spiral hams! The resurrection of Jesus Christ is the best news of all, and so it's only right that we spend a lot of time celebrating.

Whereas Lent is marked by mourning and fasting, Easter is marked by boisterous celebration and taking up new things. Find ways to feast with your brothers and sisters! Continue leaning into the means of grace and the spiritual practices that root us in the resurrection of Jesus. It's a season to celebrate the new life Jesus makes possible in all areas of our lives. For many of us, much of 2020 and the start of 2021 felt like a long Lent. Let's cling to the good news of Easter all the more!

As we celebrate, we ask God to give us eyes to see the ways he is bringing forth resurrection life in our lives, homes, work, church, and world. This long season helps us confront our brokenness and to offer it to the God who overcame death and assures us that he will lose nothing that is his, but will raise it to new life when he returns (John 6:39). This long season gives our imaginations ample time to be shaped by the resurrection more and more. May it be so!

In this light, we offer this prayer guide. We hope it encourages you in this time and helps cultivate in you a resurrection imagination. As you pray by abiding in God's words, may the Spirit give you new eyes to see the resurrection of Jesus at work in you and around you, in your friendships and home life, in your work and city, and in the most unexpected places. And may the Spirit show you how you can proclaim the resurrection in all these areas in both word and deed.

Use this guide on your own, with your roommates or spouses, and even your family. If this way of being with God is new to you, engage as you can, even if it's for a few minutes, and then build on it. God is faithful to make us "deep people" of his love, so let's give ourselves to him.

With great love for you all,

Pastors Jamison Galt and Brian Steadman, with thanks to Rev. Marc Choi

Sunday Mornings

4/17 - Easter Sunday

Psalms 148, 149, 150

John 1:1-18

John 20:19-23

2nd Sunday of Easter

Ps. 146, 147

Isa. 43:8-13

John 14:1-7

3rd Sunday of Easter

Psalms 148, 149, 150

Dan. 4:1-18

John 21:15-25

4th Sunday of Easter

Psalms 145

Acts 12:25-13:3

5th Sunday of Easter

Psalms 24, 29

Matt. 7:7-14

6th Sunday of Easter

Psalms 93, 96

Matt. 13:24-34a

7th Sunday of Easter

Psalms 66, 67

Matt. 10:24-33, 40-42

The Invitation

"Let everything that has breath praise the Lord.

Praise the Lord." — Ps. 150:6

Think of an attribute of God (i.e. God's love, faithfulness, creativity, beauty) and praise God for it.

The Song of Response

Lift up your hearts through the morning Psalm (or Psalms).

Pray the whole Psalm or focus on a part.

The Confession

Have mercy on us, O Lord, for we have sinned against you. Show us, O Lord, your mercy, and grant us your salvation. You were sent to heal the contrite of heart. You came to call sinners. You are seated at the right of the Father and intercede for us. Lord, have mercy. Christ, have mercy. Lord, have mercy. **Amen.** (*silence*)

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- Linger over a phrase or verse and sit silently in them.
- How do today's words invite you to rest?

Giving Thanks

- Give thanks for Sunday Worship and your church community. Give thanks for the week ahead.

Closing Prayers

On this Lord's Day, pray for deep rest for yourself, neighbor and world. Lift up your needs and the needs of others. Conclude with the Lord's Prayer and/or following collect:

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Alleluia! Christ is risen! He is risen, indeed! Alleluia.

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Sunday Evenings

Opening Prayer

O God, make speed to save us.
O Lord, make haste to help us.

The Song of Response

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

The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

Listening to Words of Love

Read the OT passage or continue to dwell on the Psalm.

Abiding in the Words of Love

- Linger over a phrase or verse and sit silently in them.
- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow and joy from the day. Give thanks for God's presence in both.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

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

4/17 - Easter

Sunday Psalms 113,
114 Exodus 12:1-14
Isa. 51:9-11

2nd Sunday of Easter

Ps. 111, 112, 113
1 Peter 2:2-10

3rd Sunday of Easter

Psalms 114, 115
1 Peter 4:7-11

4th Sunday of Easter

Psalms 67, 96
2 Timothy 4:1-11

5th Sunday of Easter

Psalms 8, 84
2 Thess. 2:13-17

6th Sunday of Easter

Psalm 34
1 Tim. 3:14-4:5

7th Sunday of Easter

Psalms 19, 46
Eph. 2:1-10

Monday Mornings

April 18

Psalm 93 98
Jonah 2:1-9
John 14:1-14

April 25

Psalm 1, 2, 3
Daniel 1:1-21
John 17:1-11

May 2

Psalm 25
Daniel 4:19-27
Luke 4:14-30

May 9

Psalm 41, 52
Luke 6:6-11

May 16

Psalm 56, 57
Luke 7:36-50

May 23

Psalm 80
Deut. 8:1-10
Luke 9:18-27

May 30

Psalm 89:1-18
Ezek. 4:1-17
Luke 9:51-62

The Invitation

"You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand." — *Ps. 16:11*

Take a deep breath and remember God is with you.

The Song of Response

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

The Confession

Almighty God, you have raised Jesus from the grave and crowned him Lord of all. We confess that we have not bowed before him or acknowledged his rule in our lives.

We have gone along with the way of the world and failed to give him glory. Forgive us and raise us from sin, that we may be your faithful people, obeying the commands of our Lord Jesus Christ, who rules the world and is head of the church, his body. **Amen.** (*silence*)

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- Linger over a phrase or verse and sit silently in them.
- What words of new life for yourself do you hear?

Practicing Thanks

- Recall something beautiful you have heard, seen or experienced in the last few days. Give thanks.

Lifting Burdens and Closing Prayers

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

O God, whose blessed Son made himself known to his disciples in the breaking of bread: Open the eyes of our faith, that we may behold him in all his redeeming work; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Monday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

The Song of Response

Lift up your hearts through the evening Psalm (or Psalms).

Pray the whole Psalm or focus on a part.

The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

Listening to Words of Love

Read the OT passage or dwell on the evening Psalm.

Abiding in the Words of Love

- Linger over a phrase or verse and sit silently in them.
- How does the passage speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow and joy from the day. Give thanks for God's presence in both.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

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

April 18

Psalm 66

Acts 2:14, 22-32

April 25

Psalm 4, 7

1 John 1:1-10

May 2

Psalm 9, 15

1 John 3:19-4:6

May 9

Psalm 44

Col. 1:1-14

May 16

Psalm 64, 65

Col. 3:18-4:18

May 23

Psalm 77, 79

James 1:1-15

May 30

Psalm 89:19-52

Heb. 6:1-12

Tuesday Mornings

April 19

Psalms 103
Isa. 30:18-21
John 14:15-31

April 26

Psalms 5, 6
Dan. 2:1-16
John 17:12-19

May 3

Psalms 26, 28
Dan. 4:28-37
Luke 4:31-37

May 10

Psalms 45
Luke 6:12-26

May 17

Psalms 61, 62
Luke 8:1-15

May 24

Psalms 78:40-72
Deut. 8:11-20
Luke 11:1-13

May 31

Psalms 97, 99
Ezek. 7:10-15;
23b-27
Luke 10:1-17

The Invitation

Jesus says, "I have come that they may have life, and have it to the full." —from *John 10:10*

Ask the Spirit to open your heart to God's abundant life.

The Song of Response

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

The Confession

Lord, bring new life where we are worn and tired; new love where we have turned hard-hearted; forgiveness where we feel hurt and where we have wounded; and the joy and freedom of your Holy Spirit where we are prisoners of ourselves. **Amen.** (*silence*)

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- Linger over a phrase or verse and sit silently in them.
- What resurrection words do you hear for your relationships?

Practicing Thanks

- As you go about your day, listen for laughter and take note of the times you laughed. How was God present to you in those moments? Give thanks.

Lifting Burdens and Closing Prayers

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

Hallelujah! Jesus is risen! He is risen indeed! May this declaration resound not only in our lives, but also in the lives of all we meet and forever be the truth of which we speak. Your love, O Christ, once sown within a garden, tended for your own people, neglected and rejected, now spreads its sweet perfume in this place and wherever it is shown. Hallelujah! Jesus is risen! **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Tuesday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

The Song of Response

Lift up your hearts through the evening Psalm (or Psalms).

Pray the whole Psalm or focus on a part.

The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- Linger over a phrase or verse and sit silently in them.
- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow and joy from the day. Give thanks for God's presence in both.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bleed the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

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

April 19

Psalm 111

Acts 2:36-47

April 26

Psalm 10, 11

1 John 2:1-11

May 3

Psalm 36, 39

1 John 4:7-21

May 10

Psalm 47, 48

Col. 1:15-23

May 17

Psalm 68

Rom. 12:1-21

May 24

Psalm 78:40-72

James 1:16-27

May 31

Psalm 94

Heb. 6:13-20

Wednesday Mornings

April 20

Psalms 97, 99
Micah 7:7-15
John 15:1-11

April 27

Psalms 119:1-24
Dan. 2:17-30
John 17:20-26

May 4

Psalms 38
Dan. 5:1-12
Luke 4:38-44

May 11

Psalms 119:49-72
Luke 6:27-38

May 18

Psalms 72
Luke 8:16-25

May 25

Psalms 119:97-120
Luke 12:22-31

June 1

Psalms 101, 109
Ezekiel 11:14-25
Luke 10:17-24

The Invitation

"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple." —*Psalms 27:4*

What reminds you of the beauty of the Lord today?

The Song of Response

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

The Confession - From Psalm 130

Out of the depths I cry to you, O LORD. Lord, hear my voice! Let your ears be attentive to the voice of my supplications! If you, O LORD, should mark iniquities, Lord, who could stand? so that you may be revered. I wait for the LORD, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning. **Amen.** (*silence*)

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- Linger over a phrase or verse and sit silently in them.
- What resurrection words do you hear for your work?

Practicing Thanks

- As you go about your day, take notice of good questions, especially ones that make you feel seen and known. Give thanks for life-giving curiosity.

Closing Prayers

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

We thank you that Easter is not about a people, but all people, that your love and your Salvation are for all who confess with voices, hearts and lives that the tomb is empty because Jesus is risen, that we might know forgiveness, that lives might be reborn and your name glorified now and for eternity. **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Wednesday Evenings

Opening Prayer

O God, make speed to save us.
O Lord, make haste to help us.

The Song of Response

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

The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- Linger over a phrase or verse and sit silently in them.
- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow and joy from the day. Give thanks for God's presence in both.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

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

April 20

Psalms 115
Acts 3:1-10

April 27

Psalm 12, 13
1 John 2:12-17

May 4

Psalm 119:25-48
1 John 5:1-12

May 11

Psalm 49, 53
Col. 1:24-2:7

May 18

Psalm 119:73-96
Rom. 13:1-14

May 25

Psalm 148
James 5:13-18

June 1

Psalm 119:121-144
Hebrews 7:1-17

Midweek Reflections

Use this space for notes, thoughts and responses, or use this space to dwell on the story of God's grace in your life. Think through different aspects of your testimony each week and write it down. Remember well and give thanks.

Thursday Mornings

April 21

Psalms 146, 147
Ezekiel 37:1-14
John 15:12-27

April 28

Psalms 18:1-20
Daniel 2:31-49
Luke 3:1-14

May 5

Psalms 37:1-18
Daniel 5:13-30
Luke 5:1-11

May 12

Psalms 50
Luke 6:39-49

May 19

Psalms 70, 71
Luke 8:26-39

May 26 (Ascension of Our Lord)

Psalms 8, 47
Ezekiel 1:1-14
Matthew 28:16-20

June 2

Psalms 105-122
Ezekiel 18:1-4, 19-32
Luke 10:25-37

The Invitation

"Because your love is better than life, my lips will glorify you." —*Psalms 63:3*

Are you hungry for love? Receive the truth that God's love for you is great and overflowing.

The Song of Response

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

The Confession

God of healing, God of wholeness, we bring our brokenness, our sinfulness, our fears and despair, and lay them at your feet. Overwhelm us now with your love. **Amen.** (*silence*)

Listening to Words of Love

Dwell on a reading from the Gospel or Epistle, or both.

Abiding in Love

- Linger over a phrase or verse and sit silently in them.
- What resurrection words do you hear for your city?

Practicing Thanks

- As you go about your day, make an effort to remember kind and affirming words, including ones you speak and the ones spoken to you. Give thanks for healing words.

Closing Prayers

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

God of Promise and God of Hope, who through your great mercy have granted us new birth through the death and resurrection of Jesus Christ, we praise your wonderful name! God of Glory and God of Might who through your great power have granted us new strength to endure all things through faith in Christ our risen King, we praise your wonderful name! **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Thursday Evenings

Opening Prayer

O God, make speed to save us.
O Lord, make haste to help us.

The Song of Response

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

The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- Linger over a phrase or verse and sit silently in them.
- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow and joy from the day. Give thanks for God's presence in both.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

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

April 21

Psalms 148, 149
Acts 3:11-26

April 28

Psalm 18:21-50
1 John 2:18-29

May 5

Psalm 37:19-42
1 John 5:13-221

May 12

Psalm 114, 115
Colossians 2:8-23

May 19

Psalm 74
Romans 14:1-12

May 26 (Acension of our Lord)

Psalm 24, 96
Hebrews 2:5-18

June 2

Psalm 105:23-45
Hebrews 7:18-28

Friday Mornings

April 22

Psalms 136
Daniel 12:1-4
John 16:1-15

April 29

Psalms 16, 17
Daniel 3:1-18
Luke 3:15-22

May 6

Psalms 105:1-22
Daniel 6:1-15
Luke 5:12-16

May 13

Psalms 40, 54
Luke 7:1-17

May 20

Psalms 106:1-18
Luke 8:40-56

May 27

Psalms 85, 86
Ezekiel 1:28-3:3
Luke 9:28-36

June 3

Psalms 102
Ezekiel 34:17-31
Luke 10 38-42

The Invitation

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." — *Isaiah 43:18-19*

Ask the Spirit to give you eyes to see the new thing God is doing in and around you.

The Song of Response

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

The Confession

Lord, you call us to love as you love, to care as you care, and to seek justice, mercy and truth. But we fail to heed your call, draw back from those in need, and say nothing when we see injustice. Forgive us. You are doing a new thing; give us courage to receive it and share it with joy.

Amen. *(silence)*

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in Love

- Linger over a phrase or verse and sit silently in them.
- What resurrection words do you hear for the world?

Practicing Thanks

- As you go about your day, take time to look at the mountains, plants, flowers, and animals around you. What surprises you? Give thanks for creation and its witness to us.

Closing Prayers

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

Christ is risen! Lord, may this Good News raise in us new hope, new joy, and new life. May we proclaim this Good News in all we do and say and in every corner of our homes, work, city, and world. **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Friday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

The Song of Response

Lift up your hearts through the evening Psalm (or Psalms).

Pray the whole Psalm or focus on a part.

The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- Linger over a phrase or verse and sit silently in them.
- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow and joy from the day. Give thanks for God's presence in both.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary, *(say the names of those who come to mind)*

bless the dying, soothe the suffering, pity the afflicted, *(say the names of those who come to mind)*

shield the joyous; *(say the names of those who come to mind)*

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

April 22

Psalm 118

Acts 4:1-12

April 29

Psalms 134, 135

1 John 3:1-10

May 6

Psalm 105:23-45

2 John 2:1-13

May 13

Psalm 51

Colossians 3:1-11

May 20

Psalm 106:19-48

Romans 14:13-23

May 27

Psalms 91, 92

Hebrews 4:14-5:6

June 3

Psalm 107:1-32

Hebrews 8:1-13

Saturday Mornings

April 23

Psalms 145
Isaiah 25:1-9
John 16:16-33

April 30

Psalms 20, 21
Daniel 3:19-30
Luke 4:1-13

May 7

Psalms 30, 32
Daniel 6:16-28
Luke 5:27-39

May 14

Psalms 55
Luke 7:18-35

May 21

Psalms 75, 76
Luke 9:1-17

May 28

Psalms 87, 90
Ezekiel 3:4-17
Luke 9:37-50

June 4 (Eve of Pentecost)

Psalms 108
Ezekiel 43:1-12
Luke 11:14-23

The Invitation

"Sing to the Lord a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him." — *Psalms 98:1*

What new song is the Spirit drawing forth from you today?

The Song of Response

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

The Confession

Merciful God, for the things we have done that we regret, for the things we have failed to do that we regret, for all the times we have acted without love, for all the times we have reacted without thought, for all the times we have withdrawn care, for all the times we have failed to forgive, forgive us. God of all time, forgive us and help us to lay down our burden of shame and regret. **Amen.**
(silence)

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in Love

- What resurrection words do you hear for Grace Pasadena and the church at large?

Practicing Thanks

- Consider setting an alarm at 9am, 12pm, 3pm, 6pm, and 9pm (or at intervals of your choosing). Say a short prayer of thanksgiving at each appointed time. What is it like to give thanks to God with this kind of intention?

Lifting Burdens and Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord's Prayer in its entirety. Repeat it a few times, letting the words sink in. Use the prayer to shape all your other prayers.

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; forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the glory, and the power forever and ever. **Amen.**

Saturday Evenings

Opening Prayer

Come to us this night, O God, come to us with your light!

The Song of Response

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

The Confession

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- Linger over a phrase or verse and sit silently in them.
- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow and joy from the day. Give thanks for God's presence in both.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary, *(say the names of those who come to mind)*

bless the dying, soothe the suffering, pity the afflicted, *(say the names of those who come to mind)*

shield the joyous; *(say the names of those who come to mind)*

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

April 23

Psalm 104
Acts 4:13-31

April 30

Psalms 116, 117
1 John 3:11-18

May 7

Psalms 42, 43
3 John 1-15

May 14

Psalms, 138, 139
Colossians 3:1-11

May 8

Psalms 23, 27
Romans 15:1-13

May 21

Psalm 136
Hebrews 5:7-14

May 28

Psalm 26, 28
Hebrews 2:1-10

June 4 (Eve of Pentecost)

Psalm 33
Hebrews 9:1-14

A Short Noonday Liturgy - Pausing to be Refreshed

OPENING

I lift up my eyes to the hills
From where does my help come?
My help comes from the Lord,
who made heaven and earth. (From Psalm 121)

SCRIPTURE

Re-visit one of the passages from this morning. Savor a few verses that grip your heart and imaginations.

CLOSING

Conclude with one of the following prayers:

Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. **Amen.**

Or

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.**

Or

Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. **Amen.**

Or

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and for ever. **Amen.**

People to Remember in Prayer at Noon

Use this space to help you pray for the people in your life by name.



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