

PSALMS IN 30 DAYS

A Prayer Guide Through the Psalter



TREVIN WAX

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Compiled and with an Introduction by

TREVIN WAX

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INTRODUCTION

by Trevin Wax

For generations, Christians have prayed and sung the psalms. It was the prayer book of Jesus. It is the Old Testament book most often quoted in the New. The songs found in this book form the bedrock of both corporate worship and individual devotion.

Through thousands of years of memorization, recitation, and singing, the people of God have found in this book a God-centered view of reality—words that put into perspective all our emotions, conflicting desires, times of suffering, and experiences of faith and doubt. “There are other prayers in the Bible,” Tim Keller writes, “but no other place where you have an entire course of theology in prayer form, and no other place where you have every possible heart condition represented, along with the way to process that situation before God.”

Songwriter Michael Card writes: “The psalms are a connection for us. When I’m lamenting, I may feel disconnected from God. The psalms express that experience. When I’m joyful, the psalms give me language to connect to that joy and remember that it comes from God. He never slumbers. He never sleeps. In the end, the psalms provide for every need, all those misconnections, all the things we’re hungry for, all the correctives we need to remind us that life isn’t about us, but is really all about him. The psalms are a bottomless resource for all the things we need.”

When you pray the psalms, you may not feel all of the emotions or passions of the psalmist when you read. But that’s the point. “The richness of the Word of God ought to determine our prayer, not the poverty of our heart,” wrote Dietrich Bonhoeffer. “It does not depend, therefore, on whether the Psalms express adequately that which we feel at a given moment in our heart. If we are to pray aright, perhaps it is quite necessary that we pray contrary to our own heart.”

The Psalms Every Month

Many Christians over the years have adopted the habit of reading through the psalms every month. Read five psalms a day, and in thirty days, you’ll have made your way through the psalter. The only challenge with this approach is the varying length of the psalms. Some are just a few verses, while Psalm 119 is the longest chapter in the Bible. It is hard to form and keep a habit if the time required fluctuates so wildly.

To that end, I have adapted a centuries-old approach to reading the psalms found in *The Book of Common Prayer* by extending a “Morning” and “Evening” reading of psalms into a “Morning,” “Midday,” and “Evening” pattern. There is precedent in the Scriptures for praying three times a day, and there is spiritual blessing in deliberately punctuating your day with moments of prayer and Bible-reading. The three-times-a-day approach is designed to lift your eyes above your current circumstances and to remind you that God is the blazing center of all things.

Prayers of Faithful Christians

Over the years, I've also found the written prayers of faithful Christians who have gone before me to be a help in my prayer life. Praying the written prayers of saints from years gone by is a lot like children trying on the shoes of their parents. We wonder if our feet will ever fit into the spiritual shoes of the giants who have gone before us. We wonder if our devotion will match the intensity and clarity we find in their words. We want hearts that are oriented in such a way that we would ask for and desire the right things. Praying the psalms alongside other Scriptures and other faithful expressions of faith over the years is one way of forming our hearts and minds daily.

The Psalms in 30 Days Project

This book relies on a pattern of prayer I developed in 2019. It is the pattern I return to most regularly as I seek to pray through the psalms every month. Here you will find all the psalms, as translated in the Christian Standard Bible, arranged in three-times-a-day readings for thirty days.

Before and after the psalms, you will find Scriptures and prayers that follow the specific themes found in the calendar of the Christian year. Every week is a mini-journey through the story of the gospel:

- Day 1: Anticipation for Christ's coming
- Day 2: The incarnation of Christ
- Day 3: The manifestation of Christ's glory in the world
- Day 4: Repentance and the cross of Christ
- Day 5: The resurrection power of Christ
- Day 6: The power and presence of the Holy Spirit
- Day 7: The glory of the Triune God

Every prayer time begins with a call to prayer and includes the *Gloria*, the Lord's Prayer, and closes with a biblical blessing.

The morning prayer guide includes a "confession of faith" taken from Scripture, the ancient creeds, or a recent confession released in celebration of the 500th anniversary of the Reformation. The evening prayer guide includes a "confession of sin" and a biblical promise of absolution to all who repent.

The morning and evening prayers also include songs from Scripture as well as written prayers from Christians through the ages, and a time set aside for you to intercede on behalf of others and bring your personal requests to the Lord..

The midday prayer guide is abbreviated, usually with a shorter selection from the psalms, since this is the time of day when it may be more challenging to carve out ten or fifteen minutes for prayer.

Suggestions for Regularly Praying the Psalms

- If you print out the guide, set it on a desk, nightstand, or table close to your bed, where you will see it. Let it be a visual reminder whenever you enter the room that nudges you to spend time with the Lord.

- Pray the morning selection as soon as you wake up and the evening selection just before going to bed.
- The abbreviated midday routine is ideal for a brief pause during work, but if you miss a midday prayer time, simply add that psalm selection to the evening prayer guide in order to catch up.
- If you only wish to pray the psalms and not the other selected prayers, simply jump to that portion of the prayer guide and pray the selected psalms three times daily.

My prayer is that this guide will help you make praying through the psalms a regular spiritual discipline that strengthens your love for God and neighbor. May the faithful love of the Lord rest on you, as you put your hope in him (Psalm 33:22).

DAY 1 MORNING PRAYER

Call to Prayer

Our King and Savior now draws near:
O come, let us adore him.

Confession of Faith

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

The Apostle's Creed

Canticle

Great and awe-inspiring are your works,
Lord God, the Almighty;
just and true are your ways,
King of the nations.
Lord, who will not fear
and glorify your name?
For you alone are holy.
All the nations will come
and worship before you
because your righteous acts
have been revealed.

Revelation 15:3-4

Morning Psalms

Psalm 1

- ¹ How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers!
- ² Instead, his delight is in the LORD's instruction, and he meditates on it day and night.
- ³ He is like a tree planted beside flowing streams that bears its fruit in its season, and whose leaf does not wither. Whatever he does prospers.
- ⁴ The wicked are not like this; instead, they are like chaff that the wind blows away.
- ⁵ Therefore the wicked will not stand up in the judgment, nor sinners in the assembly of the righteous.
- ⁶ For the LORD watches over the way of the righteous, but the way of the wicked leads to ruin.

Psalm 2

- ¹ Why do the nations rage and the peoples plot in vain?
- ² The kings of the earth take their stand, and the rulers conspire together against the LORD and his Anointed One:
- ³ "Let's tear off their chains and throw their ropes off of us."
- ⁴ The one enthroned in heaven laughs; the Lord ridicules them.
- ⁵ Then he speaks to them in his anger and terrifies them in his wrath:
- ⁶ "I have installed my king on Zion, my holy mountain."
- ⁷ I will declare the LORD's decree. He said to me, "You are my Son; today I have become your Father.
- ⁸ Ask of me, and I will make the nations your inheritance and the ends of the earth your possession.

- ⁹ You will break them with an iron scepter;
you will shatter them like pottery.”
- ¹⁰ So now, kings, be wise;
receive instruction, you judges of the earth.
- ¹¹ Serve the LORD with reverential awe
and rejoice with trembling.
- ¹² Pay homage to the Son or he will be angry
and you will perish in your rebellion,
for his anger may ignite at any moment.
All who take refuge in him are happy.

Psalm 5

- ¹ Listen to my words, LORD;
consider my sighing.
- ² Pay attention to the sound of my cry,
my King and my God,
for I pray to you.
- ³ In the morning, LORD, you hear my voice;
in the morning I plead my case to you and watch expectantly.
- ⁴ For you are not a God who delights in wickedness;
evil cannot dwell with you.
- ⁵ The boastful cannot stand in your sight;
you hate all evildoers.
- ⁶ You destroy those who tell lies;
the LORD abhors violent and treacherous people.
- ⁷ But I enter your house
by the abundance of your faithful love;
I bow down toward your holy temple
in reverential awe of you.
- ⁸ LORD, lead me in your righteousness
because of my adversaries;
make your way straight before me.
- ⁹ For there is nothing reliable in what they say;
destruction is within them;
their throat is an open grave;
they flatter with their tongues.
- ¹⁰ Punish them, God;
let them fall by their own schemes.
Drive them out because of their many crimes,
for they rebel against you.

- ¹¹ But let all who take refuge in you rejoice;
let them shout for joy forever.
May you shelter them,
and may those who love your name boast about you.
- ¹² For you, LORD, bless the righteous one;
you surround him with favor like a shield.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Book of Common Prayer

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 1 MIDDAY PRAYER

Call to Prayer

Grace to you and peace from God our Father and the Lord Jesus Christ.

Philippians 1:2

Midday Psalms

Psalm 6

- ¹ LORD, do not rebuke me in your anger;
do not discipline me in your wrath.
- ² Be gracious to me, LORD, for I am weak;
heal me, LORD, for my bones are shaking;
- ³ my whole being is shaken with terror.
And you, LORD — how long?

- ⁴ Turn, LORD! Rescue me;
save me because of your faithful love.
- ⁵ For there is no remembrance of you in death;
who can thank you in Sheol?

- ⁶ I am weary from my groaning;
with my tears I dampen my bed
and drench my couch every night.
- ⁷ My eyes are swollen from grief;
they grow old because of all my enemies.

- ⁸ Depart from me, all evildoers,
for the LORD has heard the sound of my weeping.
- ⁹ The LORD has heard my plea for help;
the LORD accepts my prayer.
- ¹⁰ All my enemies will be ashamed and shake with terror;
they will turn back and suddenly be disgraced.

Psalm 7

- ¹ LORD my God, I seek refuge in you;
save me from all my pursuers and rescue me,
- ² or they will tear me like a lion,
ripping me apart with no one to rescue me.

- ³ LORD my God, if I have done this,
if there is injustice on my hands,
- ⁴ if I have done harm to one at peace with me

- or have plundered my adversary without cause,
5 may an enemy pursue and overtake me;
may he trample me to the ground
and leave my honor in the dust. Selah
- 6 Rise up, LORD, in your anger;
lift yourself up against the fury of my adversaries;
awake for me;
you have ordained a judgment.
- 7 Let the assembly of peoples gather around you;
take your seat on high over it.
- 8 The LORD judges the peoples;
vindicate me, LORD,
according to my righteousness and my integrity.
- 9 Let the evil of the wicked come to an end,
but establish the righteous.
The one who examines the thoughts and emotions
is a righteous God.
- 10 My shield is with God,
who saves the upright in heart.
- 11 God is a righteous judge
and a God who shows his wrath every day.
- 12 If anyone does not repent,
he will sharpen his sword;
he has strung his bow and made it ready.
- 13 He has prepared his deadly weapons;
he tips his arrows with fire.
- 14 See, the wicked one is pregnant with evil,
conceives trouble, and gives birth to deceit.
- 15 He dug a pit and hollowed it out
but fell into the hole he had made.
- 16 His trouble comes back on his own head;
his own violence comes down on top of his head.
- 17 I will thank the LORD for his righteousness;
I will sing about the name of the LORD Most High.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the LORD bless you and protect you;
may the LORD make his face shine on you and be gracious to you;
may the LORD look with favor on you and give you peace.

Numbers 6:24-26

DAY 1 EVENING PRAYER

Call to Prayer

Therefore be alert, since you don't know when the master of the house is coming—whether in the evening or at midnight or at the crowing of the rooster or early in the morning. Otherwise, when he comes suddenly he might find you sleeping.

Mark 13:35-36

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 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 Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,

and walk in your ways,
to the glory of your Name. Amen.

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

O gladsome light,
pure brightness of the everlasting 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.

Phos Hilaron

Evening Psalms

Psalm 3

- ¹ LORD, how my foes increase!
There are many who attack me.
- ² Many say about me,
“There is no help for him in God.” Selah
- ³ But you, LORD, are a shield around me,
my glory, and the one who lifts up my head.
- ⁴ I cry aloud to the LORD,
and he answers me from his holy mountain. Selah
- ⁵ I lie down and sleep;
I wake again because the LORD sustains me.
- ⁶ I will not be afraid of thousands of people
who have taken their stand against me on every side.
- ⁷ Rise up, LORD!
Save me, my God!
You strike all my enemies on the cheek;
you break the teeth of the wicked.
- ⁸ Salvation belongs to the LORD;
may your blessing be on your people. Selah

Psalm 4

- ¹ Answer me when I call,
God, who vindicates me.
You freed me from affliction;
be gracious to me and hear my prayer.
- ² How long, exalted ones, will my honor be insulted?
How long will you love what is worthless
and pursue a lie? Selah
- ³ Know that the LORD has set apart
the faithful for himself;
the LORD will hear when I call to him.
- ⁴ Be angry and do not sin;
reflect in your heart while on your bed and be silent. Selah
- ⁵ Offer sacrifices in righteousness
and trust in the LORD.
- ⁶ Many are asking, “Who can show us anything good?”
Let the light of your face shine on us, LORD.
- ⁷ You have put more joy in my heart
than they have when their grain and new wine abound.
- ⁸ I will both lie down and sleep in peace,
for you alone, LORD, make me live in safety.

Psalm 8

- ¹ LORD, our Lord,
how magnificent is your name throughout the earth!
- You have covered the heavens with your majesty.
- ² From the mouths of infants and nursing babies,
you have established a stronghold
on account of your adversaries
in order to silence the enemy and the avenger.
- ³ When I observe your heavens,
the work of your fingers,
the moon and the stars,
which you set in place,
- ⁴ what is a human being that you remember him,
a son of man that you look after him?
- ⁵ You made him little less than God
and crowned him with glory and honor.
- ⁶ You made him ruler over the works of your hands;
you put everything under his feet:

- 7 all the sheep and oxen,
as well as the animals in the wild,
8 the birds of the sky,
and the fish of the sea
that pass through the currents of the seas.
- 9 LORD, our Lord,
how magnificent is your name throughout the earth!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord, because you have made me, I owe you the whole of my love;
because you have redeemed me, I owe you the whole of myself;
because you have promised so much, I owe you my whole being.
I pray you, Lord, make me taste by love what I taste by knowledge;
let me know by love what I know by understanding.
I owe you more than my whole self, but I have no more,
and by myself I cannot render the whole of it to you.
Draw me to you, Lord, in the fullness of your love.
I am wholly yours by creation;
make me all yours, too, in love. Amen.

Anselm

Blessing

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

DAY 2 MORNING PRAYER

Call to Prayer

Don't be afraid, for look, I proclaim to you good news of great joy that will be for all the people: Today in the city of David a Savior was born for you, who is the Messiah, the Lord.

Luke 2:10-11

Confession of Faith

I believe in Jesus Christ, who, existing in the form of God,
did not consider equality with God
as something to be exploited.
Instead he emptied himself
by assuming the form of a servant,
taking on the likeness of humanity.
And when he had come as a man,
he humbled himself by becoming obedient
to the point of death—
even to death on a cross.
For this reason God highly exalted him
and gave him the name
that is above every name,
so that at the name of Jesus
every knee will bow—
in heaven and on earth
and under the earth—
and every tongue will confess
that Jesus Christ is Lord,
to the glory of God the Father.

Philippians 2:6-11

Canticle

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;

you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of the Father. Amen.

Morning Psalms

Psalm 9

- ¹ I will thank the LORD with all my heart;
I will declare all your wondrous works.
- ² I will rejoice and boast about you;
I will sing about your name, Most High.

- ³ When my enemies retreat,
they stumble and perish before you.
- ⁴ For you have upheld my just cause;
you are seated on your throne as a righteous judge.
- ⁵ You have rebuked the nations:
You have destroyed the wicked;
you have erased their name forever and ever.
- ⁶ The enemy has come to eternal ruin;
you have uprooted the cities,
and the very memory of them has perished.

- ⁷ But the LORD sits enthroned forever;
he has established his throne for judgment.
- ⁸ And he judges the world with righteousness;
he executes judgment on the nations with fairness.
- ⁹ The LORD is a refuge for the persecuted,
a refuge in times of trouble.
- ¹⁰ Those who know your name trust in you
because you have not abandoned
those who seek you, LORD.

- ¹¹ Sing to the LORD, who dwells in Zion;
proclaim his deeds among the nations.
- ¹² For the one who seeks an accounting
for bloodshed remembers them;
he does not forget the cry of the oppressed.
- ¹³ Be gracious to me, LORD;

- consider my affliction at the hands of those who hate me.
Lift me up from the gates of death,
¹⁴ so that I may declare all your praises.
I will rejoice in your salvation
within the gates of Daughter Zion.
- ¹⁵ The nations have fallen into the pit they made;
their foot is caught in the net they have concealed.
- ¹⁶ The LORD has made himself known;
he has executed justice,
snaring the wicked
by the work of their hands. Higgsaion. Selah
- ¹⁷ The wicked will return to Sheol—
all the nations that forget God.
- ¹⁸ For the needy will not always be forgotten;
the hope of the oppressed will not perish forever.
- ¹⁹ Rise up, LORD! Do not let mere humans prevail;
let the nations be judged in your presence.
- ²⁰ Put terror in them, LORD;
let the nations know they are only humans. Selah

Psalm 11

- ¹ I have taken refuge in the LORD.
How can you say to me,
“Escape to the mountains like a bird!”
- ² For look, the wicked string bows;
they put their arrows on bowstrings
to shoot from the shadows at the upright in heart.
- ³ When the foundations are destroyed,
what can the righteous do?”
- ⁴ The LORD is in his holy temple;
the LORD—his throne is in heaven.
His eyes watch;
his gaze examines everyone.
- ⁵ The LORD examines the righteous,
but he hates the wicked
and those who love violence.
- ⁶ Let him rain burning coals and sulfur on the wicked;
let a scorching wind be the portion in their cup.
- ⁷ For the LORD is righteous; he loves righteous deeds.
The upright will see his face.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord God, almighty and everlasting Father, you have brought me in safety to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever.
Amen.

Ephesians 3:20-21

DAY 2 MIDDAY PRAYER

Call to Prayer

Lord, open my lips, and my mouth will declare your praise.

Psalms 51:15

Midday Psalms

Psalm 10

- ¹ LORD, why do you stand so far away?
Why do you hide in times of trouble?

² In arrogance the wicked relentlessly pursue their victims;
let them be caught in the schemes they have devised.

³ For the wicked one boasts about his own cravings;
the one who is greedy curses and despises the LORD.

⁴ In all his scheming,
the wicked person arrogantly thinks,
“There’s no accountability,
since there’s no God.”

⁵ His ways are always secure;
your lofty judgments have no effect on him;
he scoffs at all his adversaries.

⁶ He says to himself, “I will never be moved —
from generation to generation I will be without calamity.”

⁷ Cursing, deceit, and violence fill his mouth;
trouble and malice are under his tongue.

⁸ He waits in ambush near settlements;
he kills the innocent in secret places.
His eyes are on the lookout for the helpless;

⁹ he lurks in secret like a lion in a thicket.
He lurks in order to seize a victim;
he seizes a victim and drags him in his net.

¹⁰ So he is oppressed and beaten down;
helpless people fall because of the wicked one’s strength.

¹¹ He says to himself, “God has forgotten;
he hides his face and will never see.”

¹² Rise up, LORD God! Lift up your hand.
Do not forget the oppressed.

¹³ Why has the wicked person despised God?
He says to himself, “You will not demand an account.”

¹⁴ But you yourself have seen trouble and grief,
observing it in order to take the matter into your hands.
The helpless one entrusts himself to you;
you are a helper of the fatherless.

¹⁵ Break the arm of the wicked, evil person,
until you look for his wickedness,
but it can’t be found.

¹⁶ The LORD is King forever and ever;
the nations will perish from his land.

¹⁷ LORD, you have heard the desire of the humble;
you will strengthen their hearts.
You will listen carefully,

¹⁸ doing justice for the fatherless and the oppressed
so that mere humans from the earth may terrify them no more.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 2 EVENING PRAYER

Call to Prayer

God's dwelling is with humanity, and he will live with them. They will be his people, and God himself will be with them and will be their God.

Revelation 21:3

Confession of sin

O Lord, the house of my soul is narrow; enlarge it that you may enter in. It is ruined, O repair it! It displeases your sight; I confess it, I know. But who shall cleanse it, or to whom shall I cry but unto you? Cleanse me from my secret faults, O Lord, and spare your servant from sin.

Augustine

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

Now, Lord,
you can dismiss your servant in peace,
as you promised.
For my eyes have seen your salvation.

You have prepared it
in the presence of all peoples—
a light for revelation to the Gentiles
and glory to your people Israel.

Luke 2:29-32

Evening Psalms

Psalm 12

- ¹ Help, LORD, for no faithful one remains;
the loyal have disappeared from the human race.
- ² They lie to one another;
they speak with flattering lips and deceptive hearts.
- ³ May the LORD cut off all flattering lips
and the tongue that speaks boastfully.
- ⁴ They say, “Through our tongues we have power;
our lips are our own — who can be our master?”

- ⁵ “Because of the devastation of the needy
and the groaning of the poor,
I will now rise up,” says the LORD.
“I will provide safety for the one who longs for it.”

- ⁶ The words of the LORD are pure words,
like silver refined in an earthen furnace,
purified seven times.

- ⁷ You, LORD, will guard us;
you will protect us from this generation forever.
- ⁸ The wicked prowl all around,
and what is worthless is exalted by the human race.

Psalm 13

- ¹ How long, LORD? Will you forget me forever?
How long will you hide your face from me?
- ² How long will I store up anxious concerns within me,
agony in my mind every day?
How long will my enemy dominate me?

- ³ Consider me and answer, LORD my God.
Restore brightness to my eyes;
otherwise, I will sleep in death.
- ⁴ My enemy will say, “I have triumphed over him,”
and my foes will rejoice because I am shaken.

- 5 But I have trusted in your faithful love;
my heart will rejoice in your deliverance.
- 6 I will sing to the LORD
because he has treated me generously.

Psalm 14

- 1 The fool says in his heart, "There's no God."
They are corrupt; they do vile deeds.
There is no one who does good.
- 2 The LORD looks down from heaven on the human race
to see if there is one who is wise,
one who seeks God.
- 3 All have turned away;
all alike have become corrupt.
There is no one who does good,
not even one.
- 4 Will evildoers never understand?
They consume my people as they consume bread;
they do not call on the LORD.
- 5 Then they will be filled with dread,
for God is with those who are righteous.
- 6 You sinners frustrate the plans of the oppressed,
but the LORD is his refuge.
- 7 Oh, that Israel's deliverance would come from Zion!
When the LORD restores the fortunes of his people,
let Jacob rejoice, let Israel be glad.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation

But deliver us from evil.

For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty God, you have poured upon us the new light of your incarnate Word: Grant that this light, enkindled in our hearts, may shine forth in our lives; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Book of Common Prayer

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us, this night and evermore. Amen.

DAY 3 MORNING PRAYER

Call to Prayer

The Lord has shown forth his glory: O come, let us adore him.

Confession of Faith

I believe the Son of God was manifested in the flesh,
vindicated in the Spirit,
seen by angels,
preached among the nations,
believed on in the world,
taken up in glory.

1 Timothy 3:16

Canticle

Arise, shine, for your light has come,
and the glory of the LORD shines over you.
For look, darkness will cover the earth,
and total darkness the peoples;
but the LORD will shine over you,
and his glory will appear over you.
Nations will come to your light,
and kings to your shining brightness.
Your city gates will always be open;
they will never be shut day or night
so that the wealth of the nations
may be brought into you,
with their kings being led in procession.
The sons of your oppressors
will come and bow down to you;
all who reviled you
will fall facedown at your feet.
They will call you the City of the LORD,
Zion of the Holy One of Israel.
Violence will never again be heard of in your land;
devastation and destruction
will be gone from your borders.
You will call your walls Salvation
and your city gates Praise.
The sun will no longer be your light by day,
and the brightness of the moon will not shine on you.

The LORD will be your everlasting light,
and your God will be your splendor.

Isaiah 60:1-3, 11, 14, 18-19

Morning Psalms

Psalm 15

- ¹ LORD, who can dwell in your tent?
Who can live on your holy mountain?
- ² The one who lives blamelessly, practices righteousness,
and acknowledges the truth in his heart —
- ³ who does not slander with his tongue,
who does not harm his friend
or discredit his neighbor,
- ⁴ who despises the one rejected by the LORD
but honors those who fear the LORD,
who keeps his word whatever the cost,
- ⁵ who does not lend his silver at interest
or take a bribe against the innocent —
the one who does these things will never be shaken.

Psalm 17

- ¹ LORD, hear a just cause;
pay attention to my cry;
listen to my prayer —
from lips free of deceit.
- ² Let my vindication come from you,
for you see what is right.
- ³ You have tested my heart;
you have examined me at night.
You have tried me and found nothing evil;
I have determined that my mouth will not sin.
- ⁴ Concerning what people do:
by the words from your lips
I have avoided the ways of the violent.
- ⁵ My steps are on your paths;
my feet have not slipped.
- ⁶ I call on you, God,
because you will answer me;
listen closely to me; hear what I say.
- ⁷ Display the wonders of your faithful love,
Savior of all who seek refuge

- from those who rebel against your right hand.
- ⁸ Protect me as the pupil of your eye;
hide me in the shadow of your wings
- ⁹ from the wicked who treat me violently,
my deadly enemies who surround me.
- ¹⁰ They are uncaring;
their mouths speak arrogantly.
- ¹¹ They advance against me; now they surround me.
They are determined
to throw me to the ground.
- ¹² They are like a lion eager to tear,
like a young lion lurking in ambush.
- ¹³ Rise up, LORD!
Confront him; bring him down.
With your sword, save me from the wicked.
- ¹⁴ With your hand, LORD, save me from men,
from men of the world
whose portion is in this life:
You fill their bellies with what you have in store;
their sons are satisfied,
and they leave their surplus to their children.
- ¹⁵ But I will see your face in righteousness;
when I awake, I will be satisfied with your presence.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

I am no longer my own, but yours.

Put me in any place of service,

rank me with any type of people;

Put me to work, put me to suffering.

Let me be useful for you or laid aside for you,
exalted for you or brought low by you.

Let me be full, let me be empty.

Let me have all things, let me have nothing.

I freely and heartily yield all things to your pleasure and for your use.

John Wesley

Blessing

May God be gracious to us and bless us; may he make his face shine upon us so that your way may be known on earth, your salvation among all nations.

Psalm 67:1-2

DAY 3 MIDDAY PRAYER

Call to Prayer

The earth is the Lord's for he made it: O come let us adore him.

Midday Psalms

Psalm 16

- ¹ Protect me, God, for I take refuge in you.
- ² I said to the LORD, "You are my Lord;
I have nothing good besides you."
- ³ As for the holy people who are in the land,
they are the noble ones.
All my delight is in them.
- ⁴ The sorrows of those who take another god
for themselves will multiply;
I will not pour out their drink offerings of blood,
and I will not speak their names with my lips.

- ⁵ LORD, you are my portion
and my cup of blessing;
you hold my future.

- ⁶ The boundary lines have fallen for me
in pleasant places;
indeed, I have a beautiful inheritance.
- ⁷ I will bless the LORD who counsels me —
even at night when my thoughts trouble me.
- ⁸ I always let the LORD guide me.
Because he is at my right hand,
I will not be shaken.
- ⁹ Therefore my heart is glad
and my whole being rejoices;
my body also rests securely.
- ¹⁰ For you will not abandon me to Sheol;
you will not allow your faithful one to see decay.
- ¹¹ You reveal the path of life to me;
in your presence is abundant joy;
at your right hand are eternal pleasures.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May your faithful love rest on us, LORD, for we put our hope in you.

Psalm 33:22

DAY 3 EVENING PRAYER

Call to Prayer

Nations will come to your light, and kings to your shining brightness.

Isaiah 60:3

Confession of sin

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

As far as the east is from the west, so far has he removed our transgressions from us.

Canticle

Indeed, God is my salvation;
I will trust him and not be afraid,
for the LORD, the LORD himself,
is my strength and my song.
He has become my salvation.
You will joyfully draw water
from the springs of salvation,
and on that day you will say,
“Give thanks to the LORD; proclaim his name!
Make his works known among the peoples.
Declare that his name is exalted.
Sing to the LORD, for he has done glorious things.
Let this be known throughout the earth.
Cry out and sing, citizen of Zion,
for the Holy One of Israel is among you
in his greatness.”

Isaiah 12:2-6

Evening Psalms

Psalm 18

- ¹ I love you, LORD, my strength.
- ² The LORD is my rock,
my fortress, and my deliverer,
my God, my rock where I seek refuge,
my shield and the horn of my salvation,
my stronghold.
- ³ I called to the LORD, who is worthy of praise,
and I was saved from my enemies.

- 4 The ropes of death were wrapped around me;
the torrents of destruction terrified me.
- 5 The ropes of Sheol entangled me;
the snares of death confronted me.
- 6 I called to the LORD in my distress,
and I cried to my God for help.
From his temple he heard my voice,
and my cry to him reached his ears.
- 7 Then the earth shook and quaked;
the foundations of the mountains trembled;
they shook because he burned with anger.
- 8 Smoke rose from his nostrils,
and consuming fire came from his mouth;
coals were set ablaze by it.
- 9 He bent the heavens and came down,
total darkness beneath his feet.
- 10 He rode on a cherub and flew,
soaring on the wings of the wind.
- 11 He made darkness his hiding place,
dark storm clouds his canopy around him.
- 12 From the radiance of his presence,
his clouds swept onward with hail and blazing coals.
- 13 The LORD thundered from heaven;
the Most High made his voice heard.
- 14 He shot his arrows and scattered them;
he hurled lightning bolts and routed them.
- 15 The depths of the sea became visible,
the foundations of the world were exposed,
at your rebuke, LORD,
at the blast of the breath of your nostrils.
- 16 He reached down from on high
and took hold of me;
he pulled me out of deep water.
- 17 He rescued me from my powerful enemy
and from those who hated me,
for they were too strong for me.
- 18 They confronted me in the day of my calamity,
but the LORD was my support.
- 19 He brought me out to a spacious place;
he rescued me because he delighted in me.
- 20 The LORD rewarded me
according to my righteousness;

he repaid me
according to the cleanness of my hands.
21 For I have kept the ways of the LORD
and have not turned from my God to wickedness.
22 Indeed, I let all his ordinances guide me
and have not disregarded his statutes.
23 I was blameless toward him
and kept myself from my iniquity.
24 So the LORD repaid me
according to my righteousness,
according to the cleanness of my hands in his sight.

25 With the faithful
you prove yourself faithful,
with the blameless
you prove yourself blameless,
26 with the pure
you prove yourself pure,
but with the crooked
you prove yourself shrewd.
27 For you rescue an oppressed people,
but you humble those with haughty eyes.
28 LORD, you light my lamp;
my God illuminates my darkness.
29 With you I can attack a barricade,
and with my God I can leap over a wall.

30 God — his way is perfect;
the word of the LORD is pure.
He is a shield to all who take refuge in him.
31 For who is God besides the LORD?
And who is a rock? Only our God.
32 God — he clothes me with strength
and makes my way perfect.
33 He makes my feet like the feet of a deer
and sets me securely on the heights.
34 He trains my hands for war;
my arms can bend a bow of bronze.
35 You have given me the shield of your salvation;
your right hand upholds me,
and your humility exalts me.
36 You make a spacious place beneath me for my steps,
and my ankles do not give way.

37 I pursue my enemies and overtake them;

I do not turn back until they are wiped out.
³⁸ I crush them, and they cannot get up;
they fall beneath my feet.
³⁹ You have clothed me with strength for battle;
you subdue my adversaries beneath me.
⁴⁰ You have made my enemies retreat before me;
I annihilate those who hate me.
⁴¹ They cry for help, but there is no one to save them —
they cry to the LORD, but he does not answer them.
⁴² I pulverize them like dust before the wind;
I trample them like mud in the streets.

⁴³ You have freed me from the feuds among the people;
you have appointed me the head of nations;
a people I had not known serve me.
⁴⁴ Foreigners submit to me cringing;
as soon as they hear they obey me.
⁴⁵ Foreigners lose heart
and come trembling from their fortifications.

⁴⁶ The LORD lives — blessed be my rock!
The God of my salvation is exalted.
⁴⁷ God — he grants me vengeance
and subdues peoples under me.
⁴⁸ He frees me from my enemies.
You exalt me above my adversaries;
you rescue me from violent men.
⁴⁹ Therefore I will give thanks to you among the nations, LORD;
I will sing praises about your name.
⁵⁰ He gives great victories to his king;
he shows loyalty to his anointed,
to David and his descendants forever.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,

as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Gracious and holy Father,
give me wisdom to perceive you,
intelligence to fathom you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the Spirit of Jesus Christ our Lord.

Benedict

Blessing

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

DAY 4 MORNING PRAYER

Call to Prayer

Turn your face from all my sins and blot out all my guilt.

Psalm 51:9

Confession of Faith

I believe that God has spoken and continues to speak in and through Scripture, the only infallible and sufficiently clear rule and authority for Christian faith, thought, and life. Scripture is God's inspired and illuminating Word in the words of his servants, the prophets and apostles, a gracious self-communication of God's own light and life, a means of grace for growing in knowledge and holiness. The Bible is to be believed in all that it teaches, obeyed in all that it commands, trusted in all that it promises, and revered in all that it reveals.

Adapted from the Reforming Catholic Confession

Canticle

Glory to you, Lord God of our fathers;
you are worthy of praise; glory to you.
Glory to you for the radiance of your holy Name;
we will praise you and highly exalt you for ever.
Glory to you in the splendor of your temple;
on the throne of your majesty, glory to you.
Glory to you, seated between the Cherubim;
we will praise you and highly exalt you for ever.
Glory to you, beholding the depths;
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit;
we will praise you and highly exalt you for ever.

Song of the Three Young Men

Morning Psalms

Psalm 19

- ¹ The heavens declare the glory of God,
and the expanse proclaims the work of his hands.
- ² Day after day they pour out speech;
night after night they communicate knowledge.
- ³ There is no speech; there are no words;
their voice is not heard.
- ⁴ Their message has gone out to the whole earth,
and their words to the ends of the world.

- In the heavens he has pitched a tent for the sun.
5 It is like a bridegroom coming from his home;
it rejoices like an athlete running a course.
6 It rises from one end of the heavens
and circles to their other end;
nothing is hidden from its heat.
- 7 The instruction of the LORD is perfect,
renewing one's life;
the testimony of the LORD is trustworthy,
making the inexperienced wise.
8 The precepts of the LORD are right,
making the heart glad;
the command of the LORD is radiant,
making the eyes light up.
9 The fear of the LORD is pure,
enduring forever;
the ordinances of the LORD are reliable
and altogether righteous.
10 They are more desirable than gold —
than an abundance of pure gold;
and sweeter than honey
dripping from a honeycomb.
11 In addition, your servant is warned by them,
and in keeping them there is an abundant reward.
- 12 Who perceives his unintentional sins?
Cleanse me from my hidden faults.
13 Moreover, keep your servant from willful sins;
do not let them rule me.
Then I will be blameless
and cleansed from blatant rebellion.
14 May the words of my mouth
and the meditation of my heart
be acceptable to you,
LORD, my rock and my Redeemer.

Psalm 21

- 1 LORD, the king finds joy in your strength.
How greatly he rejoices in your victory!
2 You have given him his heart's desire
and have not denied the request of his lips. Selah
3 For you meet him with rich blessings;
you place a crown of pure gold on his head.
4 He asked you for life, and you gave it to him —

- length of days forever and ever.
- ⁵ His glory is great through your victory;
you confer majesty and splendor on him.
- ⁶ You give him blessings forever;
you cheer him with joy in your presence.
- ⁷ For the king relies on the LORD;
through the faithful love of the Most High
he is not shaken.
- ⁸ Your hand will capture all your enemies;
your right hand will seize those who hate you.
- ⁹ You will make them burn
like a fiery furnace when you appear;
the LORD will engulf them in his wrath,
and fire will devour them.
- ¹⁰ You will wipe their progeny from the earth
and their offspring from the human race.
- ¹¹ Though they intend to harm you
and devise a wicked plan, they will not prevail.
- ¹² Instead, you will put them to flight
when you ready your bowstrings to shoot at them.
- ¹³ Be exalted, LORD, in your strength;
we will sing and praise your might.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Book of Common Prayer

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 4 MIDDAY PRAYER

Call to Prayer

The mercy of the Lord is everlasting: O come, let us adore him.

Midday Psalms

Psalm 22

- ¹ My God, my God, why have you abandoned me?
Why are you so far from my deliverance
and from my words of groaning?
- ² My God, I cry by day, but you do not answer,
by night, yet I have no rest.
- ³ But you are holy,
enthroned on the praises of Israel.
- ⁴ Our ancestors trusted in you;
they trusted, and you rescued them.
- ⁵ They cried to you and were set free;
they trusted in you and were not disgraced.

- ⁶ But I am a worm and not a man,
scorned by mankind and despised by people.
- ⁷ Everyone who sees me mocks me;
they sneer and shake their heads:
- ⁸ "He relies on the LORD;
let him save him;
let the LORD rescue him,

since he takes pleasure in him.”

- ⁹ It was you who brought me out of the womb,
making me secure at my mother’s breast.
- ¹⁰ I was given over to you at birth;
you have been my God from my mother’s womb.
- ¹¹ Don’t be far from me, because distress is near
and there’s no one to help.
- ¹² Many bulls surround me;
strong ones of Bashan encircle me.
- ¹³ They open their mouths against me —
lions, mauling and roaring.
- ¹⁴ I am poured out like water,
and all my bones are disjointed;
my heart is like wax,
melting within me.
- ¹⁵ My strength is dried up like baked clay;
my tongue sticks to the roof of my mouth.
You put me into the dust of death.
- ¹⁶ For dogs have surrounded me;
a gang of evildoers has closed in on me;
they pierced my hands and my feet.
- ¹⁷ I can count all my bones;
people look and stare at me.
- ¹⁸ They divided my garments among themselves,
and they cast lots for my clothing.
- ¹⁹ But you, LORD, don’t be far away.
My strength, come quickly to help me.
- ²⁰ Rescue my life from the sword,
my only life from the power of these dogs.
- ²¹ Save me from the lion’s mouth,
from the horns of wild oxen.

You answered me!

- ²² I will proclaim your name to my brothers and sisters;
I will praise you in the assembly.
- ²³ You who fear the LORD, praise him!
All you descendants of Jacob, honor him!
All you descendants of Israel, revere him!
- ²⁴ For he has not despised or abhorred
the torment of the oppressed.
He did not hide his face from him

but listened when he cried to him for help.

- ²⁵ I will give praise in the great assembly
because of you;
I will fulfill my vows
before those who fear you.
- ²⁶ The humble will eat and be satisfied;
those who seek the LORD will praise him.
May your hearts live forever!
- ²⁷ All the ends of the earth will remember
and turn to the LORD.
All the families of the nations
will bow down before you,
- ²⁸ for kingship belongs to the LORD;
he rules the nations.
- ²⁹ All who prosper on earth will eat and bow down;
all those who go down to the dust
will kneel before him —
even the one who cannot preserve his life.
- ³⁰ Their descendants will serve him;
the next generation will be told about the Lord.
- ³¹ They will come and declare his righteousness;
to a people yet to be born
they will declare what he has done.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 4 EVENING PRAYER

Call to Prayer

Seek the one who made the Pleiades and Orion, who turns darkness into dawn and darkens day into night, who summons the water of the sea and pours it out over the surface of the earth—the LORD is his name.

Amos 5:8

Confession of sin

Lord Jesus Christ, who stretched out your hands on the cross, and redeemed us by your blood: forgive me, a sinner, for none of my thoughts are hidden from you. Pardon I ask, pardon I hope for, pardon I trust to have. You who are full of pity and mercy: spare me, and forgive.

Ambrose

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

Seek the LORD while he may be found;
call to him while he is near.

Let the wicked one abandon his way
and the sinful one his thoughts;
let him return to the LORD,
so he may have compassion on him,
and to our God, for he will freely forgive.

“For my thoughts are not your thoughts,
and your ways are not my ways.”

This is the LORD’s declaration.

“For as heaven is higher than earth,
so my ways are higher than your ways,
and my thoughts than your thoughts.
For just as rain and snow fall from heaven
and do not return there
without saturating the earth
and making it germinate and sprout,
and providing seed to sow

and food to eat,
so my word that comes from my mouth
will not return to me empty,
but it will accomplish what I please
and will prosper in what I send it to do.”

Isaiah 55:6-11

Evening Psalms

Psalm 20

- ¹ May the LORD answer you in a day of trouble;
may the name of Jacob’s God protect you.
- ² May he send you help from the sanctuary
and sustain you from Zion.
- ³ May he remember all your offerings
and accept your burnt offering. Selah

- ⁴ May he give you what your heart desires
and fulfill your whole purpose.
- ⁵ Let us shout for joy at your victory
and lift the banner in the name of our God.
May the LORD fulfill all your requests.

- ⁶ Now I know that the LORD gives victory to his anointed;
he will answer him from his holy heaven
with mighty victories from his right hand.
- ⁷ Some take pride in chariots, and others in horses,
but we take pride in the name of the LORD our God.
- ⁸ They collapse and fall,
but we rise and stand firm.
- ⁹ LORD, give victory to the king!
May he answer us on the day that we call.

Psalm 23

- ¹ The LORD is my shepherd;
I have what I need.
- ² He lets me lie down in green pastures;
he leads me beside quiet waters.
- ³ He renews my life;
he leads me along the right paths
for his name’s sake.
- ⁴ Even when I go through the darkest valley,
I fear no danger,
for you are with me;

your rod and your staff— they comfort me.

- 5 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
- 6 Only goodness and faithful love will pursue me
all the days of my life,
and I will dwell in the house of the LORD
as long as I live.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Behold, Lord, an empty vessel that needs to be filled. My Lord, fill it. I am weak in the faith; strengthen me. I am cold in love; warm me and make me fervent, that my love may go out to my neighbor. I do not have a strong and firm faith; at times I doubt and am unable to trust you altogether. O Lord, help me. Strengthen my faith and trust in you. In you I have sealed the treasure of all I have. I am poor; you are rich and came to be merciful to the poor. I am a sinner; you are upright. With me, there is an abundance of sin; in you is the fullness of righteousness. Therefore, I will remain with you of whom I can receive, but to whom I may not give.

Martin Luther

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 5 MORNING PRAYER

Call to Prayer

Alleluia. The Lord is risen indeed: O come, let us adore him. Alleluia.

Confession of Faith

I believe that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, then to the Twelve. Then he appeared to over five hundred brothers and sisters at one time.

1 Corinthians 15:3-6

Canticle

Alleluia. Christ our Passover has been sacrificed,
therefore let us observe the feast,
Not with old leaven, or with the leaven of malice and evil,
but with the unleavened bread of sincerity and truth. Alleluia.
Christ, having been raised from the dead, will not die again;
death no longer rules over him.
For the death that he died, he died to sin once for all time,
but the life he lives, he lives to God.
So, you too consider yourselves dead to sin
and alive to God in Christ Jesus. Alleluia.
Christ has been raised from the dead,
the firstfruits of those who have fallen asleep.
For since death came through a man,
the resurrection of the dead also comes through a man.
For as in Adam all die,
so also in Christ all will be made alive. Alleluia.

1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Morning Psalms

Psalm 24

- ¹ The earth and everything in it,
the world and its inhabitants,
belong to the LORD;
- ² for he laid its foundation on the seas
and established it on the rivers.

- ³ Who may ascend the mountain of the LORD?
Who may stand in his holy place?
- ⁴ The one who has clean hands and a pure heart,
who has not appealed to what is false,
and who has not sworn deceitfully.

- 5 He will receive blessing from the LORD,
and righteousness from the God of his salvation.
- 6 Such is the generation of those who inquire of him,
who seek the face of the God of Jacob. Selah
- 7 Lift up your heads, you gates!
Rise up, ancient doors!
Then the King of glory will come in.
- 8 Who is this King of glory?
The LORD, strong and mighty,
the LORD, mighty in battle.
- 9 Lift up your heads, you gates!
Rise up, ancient doors!
Then the King of glory will come in.
- 10 Who is he, this King of glory?
The LORD of Armies,
he is the King of glory. Selah

Psalm 25

- 1 LORD, I appeal to you.
2 My God, I trust in you.
Do not let me be disgraced;
do not let my enemies gloat over me.
- 3 No one who waits for you
will be disgraced;
those who act treacherously without cause
will be disgraced.
- 4 Make your ways known to me, LORD;
teach me your paths.
- 5 Guide me in your truth and teach me,
for you are the God of my salvation;
I wait for you all day long.
- 6 Remember, LORD, your compassion
and your faithful love,
for they have existed from antiquity.
- 7 Do not remember the sins of my youth
or my acts of rebellion;
in keeping with your faithful love, remember me
because of your goodness, LORD.
- 8 The LORD is good and upright;
therefore he shows sinners the way.
- 9 He leads the humble in what is right
and teaches them his way.

- ¹⁰ All the LORD's ways show faithful love and truth
to those who keep his covenant and decrees.
- ¹¹ LORD, for the sake of your name,
forgive my iniquity, for it is immense.
- ¹² Who is this person who fears the LORD?
He will show him the way he should choose.
- ¹³ He will live a good life,
and his descendants will inherit the land.
- ¹⁴ The secret counsel of the LORD
is for those who fear him,
and he reveals his covenant to them.
- ¹⁵ My eyes are always on the LORD,
for he will pull my feet out of the net.
- ¹⁶ Turn to me and be gracious to me,
for I am alone and afflicted.
- ¹⁷ The distresses of my heart increase;
bring me out of my sufferings.
- ¹⁸ Consider my affliction and trouble,
and forgive all my sins.
- ¹⁹ Consider my enemies; they are numerous,
and they hate me violently.
- ²⁰ Guard me and rescue me;
do not let me be disgraced,
for I take refuge in you.
- ²¹ May integrity and what is right
watch over me,
for I wait for you.
- ²² God, redeem Israel, from all its distresses.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,

as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

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.

Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us—to him be glory in the church and in Christ Jesus to all generations, forever and ever.
Amen.

Ephesians 3:20-21

DAY 5 MIDDAY PRAYER

Call to Prayer

The LORD is in his holy temple; let the whole earth be silent in his presence.

Habakkuk 2:20

Midday Psalms

Psalm 26

- ¹ Vindicate me, LORD,
because I have lived with integrity
and have trusted in the LORD without wavering.
- ² Test me, LORD, and try me;
examine my heart and mind.
- ³ For your faithful love guides me,
and I live by your truth.

- ⁴ I do not sit with the worthless
or associate with hypocrites.
- ⁵ I hate a crowd of evildoers,
and I do not sit with the wicked.

- ⁶ I wash my hands in innocence
and go around your altar, LORD,
⁷ raising my voice in thanksgiving
and telling about your wondrous works.
- ⁸ LORD, I love the house where you dwell,
the place where your glory resides.
⁹ Do not destroy me along with sinners,
or my life along with men of bloodshed
¹⁰ in whose hands are evil schemes
and whose right hands are filled with bribes.
- ¹¹ But I live with integrity;
redeem me and be gracious to me.
¹² My foot stands on level ground;
I will bless the LORD in the assemblies.

Psalm 29

- ¹ Ascribe to the LORD, you heavenly beings,
ascribe to the LORD glory and strength.
² Ascribe to the LORD the glory due his name;
worship the LORD
in the splendor of his holiness.
- ³ The voice of the LORD is above the waters.
The God of glory thunders —
the LORD, above the vast water,
⁴ the voice of the LORD in power,
the voice of the LORD in splendor.
⁵ The voice of the LORD breaks the cedars;
the LORD shatters the cedars of Lebanon.
⁶ He makes Lebanon skip like a calf,
and Sirion, like a young wild ox.
⁷ The voice of the LORD flashes flames of fire.
⁸ The voice of the LORD shakes the wilderness;
the LORD shakes the wilderness of Kadesh.
⁹ The voice of the LORD makes the deer give birth
and strips the woodlands bare.

In his temple all cry, “Glory!”

- ¹⁰ The LORD sits enthroned over the flood;
the LORD sits enthroned, King forever.
¹¹ The LORD gives his people strength;
the LORD blesses his people with peace.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the LORD bless you and protect you;
may the LORD make his face shine on you and be gracious to you;
may the LORD look with favor on you and give you peace.

Numbers 6:24-26

DAY 5 EVENING PRAYER

Call to Prayer

Thanks be to God, who gives us the victory through our Lord Jesus Christ!

1 Corinthians 15:57

Confession of sin

Merciful Lord, pardon all the sins of my life, of omission and commission, of lips, life and walk, of hard-heartedness, unbelief, pride, of bringing dishonor on your great name, of impurity in thought, word and deed, of covetousness, which is idolatry. Pardon all my sins, known and unknown, felt and unfelt, confessed and unconfessed, remembered or forgotten. Good Lord, hear; and hearing, forgive!

The Valley of Vision

How joyful is the one whose transgression is forgiven, whose sin is covered!

Canticle

I will sing to the LORD,
for he is highly exalted;

he has thrown the horse
and its rider into the sea.
The LORD is my strength and my song;
he has become my salvation.
This is my God, and I will praise him,
my father's God, and I will exalt him.
The LORD is a warrior;
the LORD is his name.
He threw Pharaoh's chariots
and his army into the sea;
the elite of his officers
were drowned in the Red Sea.
The floods covered them;
they sank to the depths like a stone.
LORD, your right hand is glorious in power.
LORD, your right hand shattered the enemy.
LORD, who is like you among the gods?
Who is like you, glorious in holiness,
revered with praises, performing wonders?
You stretched out your right hand,
and the earth swallowed them.
With your faithful love,
you will lead the people
you have redeemed;
you will guide them to your holy dwelling
with your strength.
You will bring them in and plant them
on the mountain of your possession;
LORD, you have prepared the place
for your dwelling;
Lord, your hands have established the sanctuary.
The LORD will reign forever and ever!

Exodus 15:1-6, 11-13, 17-18

Evening Psalms

Psalm 27

- ¹ The LORD is my light and my salvation —
whom should I fear?
The LORD is the stronghold of my life —
whom should I dread?

- ² When evildoers came against me to devour my flesh,
my foes and my enemies stumbled and fell.
- ³ Though an army deploys against me,
my heart will not be afraid;
though a war breaks out against me,
I will still be confident.
- ⁴ I have asked one thing from the LORD;
it is what I desire:
to dwell in the house of the LORD
all the days of my life,
gazing on the beauty of the LORD
and seeking him in his temple.
- ⁵ For he will conceal me in his shelter
in the day of adversity;
he will hide me under the cover of his tent;
he will set me high on a rock.
- ⁶ Then my head will be high
above my enemies around me;
I will offer sacrifices in his tent with shouts of joy.
I will sing and make music to the LORD.
- ⁷ LORD, hear my voice when I call;
be gracious to me and answer me.
- ⁸ My heart says this about you:
“Seek his face.”
LORD, I will seek your face.
- ⁹ Do not hide your face from me;
do not turn your servant away in anger.
You have been my helper;
do not leave me or abandon me,
God of my salvation.
- ¹⁰ Even if my father and mother abandon me,
the LORD cares for me.
- ¹¹ Because of my adversaries,
show me your way, LORD,
and lead me on a level path.
- ¹² Do not give me over to the will of my foes,
for false witnesses rise up against me,
breathing violence.
- ¹³ I am certain that I will see the LORD’s goodness
in the land of the living.
- ¹⁴ Wait for the LORD;

be strong, and let your heart be courageous.
Wait for the LORD.

Psalm 28

- ¹ LORD, I call to you;
my rock, do not be deaf to me.
If you remain silent to me,
I will be like those going down to the Pit.
- ² Listen to the sound of my pleading
when I cry to you for help,
when I lift up my hands
toward your holy sanctuary.
- ³ Do not drag me away with the wicked,
with the evildoers,
who speak in friendly ways with their neighbors
while malice is in their hearts.
- ⁴ Repay them according to what they have done—
according to the evil of their deeds.
Repay them according to the work of their hands;
give them back what they deserve.
- ⁵ Because they do not consider
what the LORD has done
or the work of his hands,
he will tear them down and not rebuild them.
- ⁶ Blessed be the LORD,
for he has heard the sound of my pleading.
- ⁷ The LORD is my strength and my shield;
my heart trusts in him, and I am helped.
Therefore my heart celebrates,
and I give thanks to him with my song.
- ⁸ The LORD is the strength of his people;
he is a stronghold of salvation for his anointed.
- ⁹ Save your people, bless your possession,
shepherd them, and carry them forever.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,

Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O Lamb of God, who takes away the sin of the world,
look upon us and have mercy upon us;
you who are yourself both victim and priest,
yourself both reward and redeemer,
keep safe from all evil those whom you have redeemed,
O Savior of the world. Amen.

Irenaeus

Blessing

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

DAY 6 MORNING PRAYER

Call to Prayer

You will receive power when the Holy Spirit has come on you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.

Acts 1:8

Confession of Faith

I believe the Holy Spirit is the third person of the Trinity, the unseen yet active personal presence of God in the world, who unites believers to Christ, regenerating and making us new creatures with hearts oriented to the light and life of the kingdom of God and to peace and justice on earth. The Spirit indwells those whom he makes alive with Christ, through faith incorporates us into the body of Christ, and conforms us to the image of Christ so that we may glorify him as we grow in knowledge, wisdom, and love into mature sainthood, the measure of the stature of the fullness of Christ. The Spirit is the light of truth and fire of love who continues to sanctify the people of God, prompting us to repentance and faith, diversifying our gifts, directing our witness, and empowering our discipleship.

Adapted from the Reforming Catholic Confession

Canticle

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
because he has looked with favor
on the humble condition of his servant.
Surely, from now on all generations
will call me blessed,
because the Mighty One
has done great things for me,
and his name is holy.
His mercy is from generation to generation
on those who fear him.
He has done a mighty deed with his arm;
he has scattered the proud
because of the thoughts of their hearts;
he has toppled the mighty from their thrones
and exalted the lowly.
He has satisfied the hungry with good things
and sent the rich away empty.
He has helped his servant Israel,
remembering his mercy
to Abraham and his descendants forever,
just as he spoke to our ancestors.

Luke 1:46-55

Morning Psalms

Psalm 31

- ¹ LORD, I seek refuge in you;
let me never be disgraced.
Save me by your righteousness.
- ² Listen closely to me; rescue me quickly.
Be a rock of refuge for me,
a mountain fortress to save me.
- ³ For you are my rock and my fortress;
you lead and guide me
for your name's sake.
- ⁴ You will free me from the net
that is secretly set for me,
for you are my refuge.
- ⁵ Into your hand I entrust my spirit;
you have redeemed me, LORD, God of truth.
- ⁶ I hate those who are devoted to worthless idols,
but I trust in the LORD.
- ⁷ I will rejoice and be glad in your faithful love
because you have seen my affliction.
You know the troubles of my soul
- ⁸ and have not handed me over to the enemy.
You have set my feet in a spacious place.
- ⁹ Be gracious to me, LORD,
because I am in distress;
my eyes are worn out from frustration —
my whole being as well.
- ¹⁰ Indeed, my life is consumed with grief
and my years with groaning;
my strength has failed
because of my iniquity,
and my bones waste away.
- ¹¹ I am ridiculed by all my adversaries
and even by my neighbors.
I am dreaded by my acquaintances;
those who see me in the street run from me.
- ¹² I am forgotten: gone from memory
like a dead person — like broken pottery.
- ¹³ I have heard the gossip of many;
terror is on every side.
When they conspired against me,
they plotted to take my life.

- ¹⁴ But I trust in you, LORD;
I say, "You are my God."
- ¹⁵ The course of my life is in your power;
rescue me from the power of my enemies
and from my persecutors.
- ¹⁶ Make your face shine on your servant;
save me by your faithful love.
- ¹⁷ LORD, do not let me be disgraced when I call on you.
Let the wicked be disgraced;
let them be quiet in Sheol.
- ¹⁸ Let lying lips
that arrogantly speak against the righteous
in proud contempt be silenced.
- ¹⁹ How great is your goodness,
which you have stored up for those who fear you.
In the presence of everyone you have acted
for those who take refuge in you.
- ²⁰ You hide them in the protection of your presence;
you conceal them in a shelter
from human schemes,
from quarrelsome tongues.
- ²¹ Blessed be the LORD,
for he has wondrously shown his faithful love to me
in a city under siege.
- ²² In my alarm I said,
"I am cut off from your sight."
But you heard the sound of my pleading
when I cried to you for help.
- ²³ Love the LORD, all his faithful ones.
The LORD protects the loyal,
but fully repays the arrogant.
- ²⁴ Be strong, and let your heart be courageous,
all you who put your hope in the LORD.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,

Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty God, you opened the way of eternal life to every race and nation by the promised gift of your Holy Spirit: Shed abroad this gift throughout the world by the preaching of the Gospel, that it may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Book of Common Prayer

Blessing

Now may the God of hope fill you with all joy and peace as you believe, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

DAY 6 MIDDAY PRAYER

Call to Prayer

An hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth. Yes, the Father wants such people to worship him.

John 4:23

Midday Psalms

Psalm 30

- ¹ I will exalt you, LORD,
because you have lifted me up
and have not allowed my enemies
to triumph over me.
- ² LORD my God,
I cried to you for help, and you healed me.
- ³ LORD, you brought me up from Sheol;
you spared me from among those

going down to the Pit.

- 4 Sing to the LORD, you his faithful ones,
and praise his holy name.
- 5 For his anger lasts only a moment,
but his favor, a lifetime.
Weeping may stay overnight,
but there is joy in the morning.
- 6 When I was secure, I said,
“I will never be shaken.”
- 7 LORD, when you showed your favor,
you made me stand like a strong mountain;
when you hid your face, I was terrified.
- 8 LORD, I called to you;
I sought favor from my Lord:
- 9 “What gain is there in my death,
if I go down to the Pit?
Will the dust praise you?
Will it proclaim your truth?”
- 10 LORD, listen and be gracious to me;
LORD, be my helper.”
- 11 You turned my lament into dancing;
you removed my sackcloth
and clothed me with gladness,
- 12 so that I can sing to you and not be silent.
LORD my God, I will praise you forever.

Psalm 34

- 1 I will bless the LORD at all times;
his praise will always be on my lips.
- 2 I will boast in the LORD;
the humble will hear and be glad.
- 3 Proclaim the LORD’s greatness with me;
let us exalt his name together.
- 4 I sought the LORD, and he answered me
and rescued me from all my fears.
- 5 Those who look to him are radiant with joy;
their faces will never be ashamed.
- 6 This poor man cried, and the LORD heard him
and saved him from all his troubles.
- 7 The angel of the LORD encamps
around those who fear him, and rescues them.

- ⁸ Taste and see that the LORD is good.
How happy is the person who takes refuge in him!
- ⁹ You who are his holy ones, fear the LORD,
for those who fear him lack nothing.
- ¹⁰ Young lions lack food and go hungry,
but those who seek the LORD
will not lack any good thing.
- ¹¹ Come, children, listen to me;
I will teach you the fear of the LORD.
- ¹² Who is someone who desires life,
loving a long life to enjoy what is good?
- ¹³ Keep your tongue from evil
and your lips from deceitful speech.
- ¹⁴ Turn away from evil and do what is good;
seek peace and pursue it.
- ¹⁵ The eyes of the LORD are on the righteous,
and his ears are open to their cry for help.
- ¹⁶ The face of the LORD is set
against those who do what is evil,
to remove all memory of them from the earth.
- ¹⁷ The righteous cry out, and the LORD hears,
and rescues them from all their troubles.
- ¹⁸ The LORD is near the brokenhearted;
he saves those crushed in spirit.
- ¹⁹ One who is righteous has many adversities,
but the LORD rescues him from them all.
- ²⁰ He protects all his bones;
not one of them is broken.
- ²¹ Evil brings death to the wicked,
and those who hate the righteous will be punished.
- ²² The LORD redeems the life of his servants,
and all who take refuge in him will not be punished.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,

Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the LORD give you what your heart desires and fulfill your whole purpose. May the LORD fulfill all your requests.

Psalm 20:4, 5

DAY 6 EVENING PRAYER

Call to Prayer

Both the Spirit and the bride say, "Come!" Let anyone who hears, say, "Come!" Let the one who is thirsty come. Let the one who desires take the water of life freely.

Revelation 22:17

Confession of sin

Be gracious to me, God,
according to your faithful love;
according to your abundant compassion,
blot out my rebellion.
Completely wash away my guilt
and cleanse me from my sin.
The sacrifice pleasing to God is a broken spirit.
You will not despise a broken and humbled heart, God.

Psalm 51:1-2, 17

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

Blessed is the Lord, the God of Israel,
because he has visited
and provided redemption for his people.
He has raised up a horn of salvation for us
in the house of his servant David,

just as he spoke by the mouth
of his holy prophets in ancient times;
salvation from our enemies
and from the hand of those who hate us.
He has dealt mercifully with our ancestors
and remembered his holy covenant—
the oath that he swore to our father Abraham,
to grant that we,
having been rescued
from the hand of our enemies,
would serve him without fear
in holiness and righteousness
in his presence all our days.
And you, child, will be called
a prophet of the Most High,
for you will go before the Lord
to prepare his ways,
to give his people knowledge of salvation
through the forgiveness of their sins.
Because of our God's merciful compassion,
the dawn from on high will visit us
to shine on those who live in darkness
and the shadow of death,
to guide our feet into the way of peace.

Luke 1:68-79

Evening Psalms

Psalm 32

- ¹ How joyful is the one
whose transgression is forgiven,
whose sin is covered!
- ² How joyful is a person whom
the LORD does not charge with iniquity
and in whose spirit is no deceit!
- ³ When I kept silent, my bones became brittle
from my groaning all day long.
- ⁴ For day and night your hand was heavy on me;
my strength was drained
as in the summer's heat. Selah
- ⁵ Then I acknowledged my sin to you

and did not conceal my iniquity.
I said, "I will confess my transgressions to the LORD,"
and you forgave the guilt of my sin. Selah

⁶ Therefore let everyone who is faithful pray to you immediately.
When great floodwaters come,
they will not reach him.

⁷ You are my hiding place;
you protect me from trouble.
You surround me with joyful shouts of deliverance. Selah

⁸ I will instruct you and show you the way to go;
with my eye on you, I will give counsel.

⁹ Do not be like a horse or mule,
without understanding,
that must be controlled with bit and bridle
or else it will not come near you.

¹⁰ Many pains come to the wicked,
but the one who trusts in the LORD
will have faithful love surrounding him.

¹¹ Be glad in the LORD and rejoice,
you righteous ones;
shout for joy,
all you upright in heart.

Psalm 33

¹ Rejoice in the LORD, you righteous ones;
praise from the upright is beautiful.
² Praise the LORD with the lyre;
make music to him with a ten-stringed harp.
³ Sing a new song to him;
play skillfully on the strings, with a joyful shout.

⁴ For the word of the LORD is right,
and all his work is trustworthy.
⁵ He loves righteousness and justice;
the earth is full of the LORD's unfailing love.

⁶ The heavens were made by the word of the LORD,
and all the stars, by the breath of his mouth.
⁷ He gathers the water of the sea into a heap;
he puts the depths into storehouses.
⁸ Let the whole earth fear the LORD;
let all the inhabitants of the world stand in awe of him.

- ⁹ For he spoke, and it came into being;
he commanded, and it came into existence.
- ¹⁰ The LORD frustrates the counsel of the nations;
he thwarts the plans of the peoples.
- ¹¹ The counsel of the LORD stands forever,
the plans of his heart from generation to generation.
- ¹² Happy is the nation whose God is the LORD —
the people he has chosen to be his own possession!
- ¹³ The LORD looks down from heaven;
he observes everyone.
- ¹⁴ He gazes on all the inhabitants of the earth
from his dwelling place.
- ¹⁵ He forms the hearts of them all;
he considers all their works.
- ¹⁶ A king is not saved by a large army;
a warrior will not be rescued by great strength.
- ¹⁷ The horse is a false hope for safety;
it provides no escape by its great power.
- ¹⁸ But look, the LORD keeps his eye on those who fear him —
those who depend on his faithful love
- ¹⁹ to rescue them from death
and to keep them alive in famine.
- ²⁰ We wait for the LORD;
he is our help and shield.
- ²¹ For our hearts rejoice in him
because we trust in his holy name.
- ²² May your faithful love rest on us, LORD,
for we put our hope in you.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread

And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be holy. Amen.

Augustine

Blessing

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

DAY 7 MORNING PRAYER

Call to Prayer

Father, Son, and Holy Spirit, one God: O come, let us adore him.

Confession of Faith

I believe in God the Father, Almighty.

I believe in Jesus Christ, His Only Son.

I Believe in the Holy Spirit, Giver of Life.

I Believe in the Three in One. Amen.

Canticle

You are God: we praise you;

You are the Lord; we acclaim you;

You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,

Cherubim and Seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you.

The noble fellowship of prophets praise you.

The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you;

Father, of majesty unbounded,

your true and only Son, worthy of all worship,

and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,

the eternal Son of the Father.

When you became man to set us free

you did not shun the Virgin's womb.

You overcame the sting of death

and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

We believe that you will come and be our judge.

Come then, Lord, and help your people,

bought with the price of your own blood,

and bring us with your saints

to glory everlasting.

Te Deum

Morning Psalms

Psalm 35

- ¹ Oppose my opponents, LORD;
fight those who fight me.
- ² Take your shields — large and small —
and come to my aid.
- ³ Draw the spear and javelin against my pursuers,
and assure me, “I am your deliverance.”

- ⁴ Let those who intend to take my life
be disgraced and humiliated;
let those who plan to harm me
be turned back and ashamed.
- ⁵ Let them be like chaff in the wind,
with the angel of the LORD driving them away.
- ⁶ Let their way be dark and slippery,
with the angel of the LORD pursuing them.
- ⁷ They hid their net for me without cause;
they dug a pit for me without cause.
- ⁸ Let ruin come on him unexpectedly,
and let the net that he hid ensnare him;
let him fall into it — to his ruin.

- ⁹ Then I will rejoice in the LORD;
I will delight in his deliverance.
- ¹⁰ All my bones will say,
“LORD, who is like you,
rescuing the poor from one too strong for him,
the poor or the needy from one who robs him?”

- ¹¹ Malicious witnesses come forward;
they question me about things I do not know.
- ¹² They repay me evil for good,
making me desolate.
- ¹³ Yet when they were sick,
my clothing was sackcloth;
I humbled myself with fasting,
and my prayer was genuine.
- ¹⁴ I went about mourning as if for my friend or brother;
I was bowed down with grief,
like one mourning for a mother.
- ¹⁵ But when I stumbled, they gathered in glee;
they gathered against me.
Assailants I did not know

- tore at me and did not stop.
16 With godless mockery
they gnashed their teeth at me.
- 17 Lord, how long will you look on?
Rescue me from their ravages;
rescue my precious life from the young lions.
- 18 I will praise you in the great assembly;
I will exalt you among many people.
- 19 Do not let my deceitful enemies rejoice over me;
do not let those who hate me without cause
wink at me maliciously.
- 20 For they do not speak in friendly ways,
but contrive fraudulent schemes
against those who live peacefully in the land.
- 21 They open their mouths wide against me and say,
“Aha, aha! We saw it!”
- 22 You saw it, LORD; do not be silent.
Lord, do not be far from me.
- 23 Wake up and rise to my defense,
to my cause, my God and my Lord!
- 24 Vindicate me, LORD my God,
in keeping with your righteousness,
and do not let them rejoice over me.
- 25 Do not let them say in their hearts,
“Aha! Just what we wanted.”
Do not let them say,
“We have swallowed him up!”
- 26 Let those who rejoice at my misfortune
be disgraced and humiliated;
let those who exalt themselves over me
be clothed with shame and reproach.
- 27 Let those who want my vindication
shout for joy and be glad;
let them continually say,
“The LORD be exalted.
He takes pleasure in his servant’s well-being.”
- 28 And my tongue will proclaim your righteousness,
your praise all day long.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

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

Book of Common Prayer

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 7 MIDDAY PRAYER

Call to Prayer

Send your light and your truth; let them lead me. Let them bring me to your holy mountain, to your dwelling place.

Psalms 43:3

Midday Psalms

Psalm 36

¹ An oracle within my heart
concerning the transgression of the wicked person:

- Dread of God has no effect on him.
- ² For with his flattering opinion of himself,
he does not discover and hate his iniquity.
- ³ The words from his mouth are malicious and deceptive;
he has stopped acting wisely and doing good.
- ⁴ Even on his bed he makes malicious plans.
He sets himself on a path that is not good,
and he does not reject evil.
- ⁵ LORD, your faithful love reaches to heaven,
your faithfulness to the clouds.
- ⁶ Your righteousness is like the highest mountains,
your judgments like the deepest sea.
LORD, you preserve people and animals.
- ⁷ How priceless your faithful love is, God!
People take refuge in the shadow of your wings.
- ⁸ They are filled from the abundance of your house.
You let them drink from your refreshing stream.
- ⁹ For the wellspring of life is with you.
By means of your light we see light.
- ¹⁰ Spread your faithful love over those who know you,
and your righteousness over the upright in heart.
- ¹¹ Do not let the foot of the arrogant come near me
or the hand of the wicked drive me away.
- ¹² There! The evildoers have fallen.
They have been thrown down and cannot rise.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 7 EVENING PRAYER

Call to Prayer

Holy, holy, holy is the Lord of Armies; his glory fills the whole earth.

Isaiah 6:3

Confession of sin

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

Our Lord and God,
you are worthy to receive
glory and honor and power,
because you have created all things,
and by your will
they exist and were created.
You are worthy to take the scroll
and to open its seals,
because you were slaughtered,
and you purchased people
for God by your blood
from every tribe and language
and people and nation.
You made them a kingdom
and priests to our God,
and they will reign on the earth.
Blessing and honor and glory and power
be to the one seated on the throne,
and to the Lamb, forever and ever!
Amen.

Revelation 4:11; 5:9-10, 13, 14

Evening Psalms

Psalm 37

- ¹ Do not be agitated by evildoers;
do not envy those who do wrong.
- ² For they wither quickly like grass
and wilt like tender green plants.

- ³ Trust in the LORD and do what is good;
dwell in the land and live securely.
- ⁴ Take delight in the LORD,
and he will give you your heart's desires.

- ⁵ Commit your way to the LORD;
trust in him, and he will act,
- ⁶ making your righteousness shine like the dawn,
your justice like the noonday.

- ⁷ Be silent before the LORD and wait expectantly for him;
do not be agitated by one who prospers in his way,
by the person who carries out evil plans.

- ⁸ Refrain from anger and give up your rage;
do not be agitated — it can only bring harm.
- ⁹ For evildoers will be destroyed,
but those who put their hope in the LORD
will inherit the land.

- ¹⁰ A little while, and the wicked person will be no more;
though you look for him, he will not be there.
- ¹¹ But the humble will inherit the land
and will enjoy abundant prosperity.

- ¹² The wicked person schemes against the righteous
and gnashes his teeth at him.
- ¹³ The Lord laughs at him
because he sees that his day is coming.

- ¹⁴ The wicked have drawn the sword and strung the bow
to bring down the poor and needy
and to slaughter those whose way is upright.
- ¹⁵ Their swords will enter their own hearts,
and their bows will be broken.

- ¹⁶ The little that the righteous person has is better

- than the abundance of many wicked people.
- ¹⁷ For the arms of the wicked will be broken,
but the LORD supports the righteous.
- ¹⁸ The LORD watches over the blameless all their days,
and their inheritance will last forever.
- ¹⁹ They will not be disgraced in times of adversity;
they will be satisfied in days of hunger.
- ²⁰ But the wicked will perish;
the LORD's enemies, like the glory of the pastures,
will fade away —
they will fade away like smoke.
- ²¹ The wicked person borrows and does not repay,
but the righteous one is gracious and giving.
- ²² Those who are blessed by the LORD will inherit the land,
but those cursed by him will be destroyed.
- ²³ A person's steps are established by the LORD,
and he takes pleasure in his way.
- ²⁴ Though he falls, he will not be overwhelmed,
because the LORD supports him with his hand.
- ²⁵ I have been young and now I am old,
yet I have not seen the righteous abandoned
or his children begging for bread.
- ²⁶ He is always generous, always lending,
and his children are a blessing.
- ²⁷ Turn away from evil, do what is good,
and settle permanently.
- ²⁸ For the LORD loves justice
and will not abandon his faithful ones.
They are kept safe forever,
but the children of the wicked will be destroyed.
- ²⁹ The righteous will inherit the land
and dwell in it permanently.
- ³⁰ The mouth of the righteous utters wisdom;
his tongue speaks what is just.
- ³¹ The instruction of his God is in his heart;
his steps do not falter.
- ³² The wicked one lies in wait for the righteous

- and intends to kill him;
³³ the LORD will not leave him
in the power of the wicked one
or allow him to be condemned when he is judged.
- ³⁴ Wait for the LORD and keep his way,
and he will exalt you to inherit the land.
You will watch when the wicked are destroyed.
- ³⁵ I have seen a wicked, violent person
well-rooted, like a flourishing native tree.
³⁶ Then I passed by and noticed he was gone;
I searched for him, but he could not be found.
- ³⁷ Watch the blameless and observe the upright,
for the person of peace will have a future.
³⁸ But transgressors will all be eliminated;
the future of the wicked will be destroyed.
- ³⁹ The salvation of the righteous is from the LORD,
their refuge in a time of distress.
⁴⁰ The LORD helps and delivers them;
he will deliver them from the wicked and will save them
because they take refuge in him.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Father Almighty, Creator of heaven and earth: Set up your kingdom in our midst.

Lord Jesus Christ, Son of the Living God: Have mercy on us sinners.

Holy Spirit, Breath of the Living God: Renew us and all the world.

N.T. Wright

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 8 MORNING PRAYER

Call to Prayer

Prepare the way of the LORD in the wilderness; make a straight highway for our God in the desert.

Isaiah 40:3

Confession of Faith

I believe in God, the Father almighty,
creator of heaven and earth;

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.

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

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.

The Apostle's Creed

Canticle

Great and awe-inspiring are your works,

Lord God, the Almighty;

just and true are your ways,

King of the nations.

Lord, who will not fear

and glorify your name?

For you alone are holy.

All the nations will come

and worship before you

because your righteous acts

have been revealed.

Revelation 15:3-4

Morning Psalms

Psalm 38

- ¹ LORD, do not punish me in your anger
or discipline me in your wrath.
- ² For your arrows have sunk into me,
and your hand has pressed down on me.
- ³ There is no soundness in my body
because of your indignation;
there is no health in my bones
because of my sin.
- ⁴ For my iniquities have flooded over my head;
they are a burden too heavy for me to bear.
- ⁵ My wounds are foul and festering
because of my foolishness.
- ⁶ I am bent over and brought very low;
all day long I go around in mourning.
- ⁷ For my insides are full of burning pain,
and there is no soundness in my body.
- ⁸ I am faint and severely crushed;
I groan because of the anguish of my heart.
- ⁹ Lord, my every desire is in front of you;
my sighing is not hidden from you.
- ¹⁰ My heart races, my strength leaves me,
and even the light of my eyes has faded.
- ¹¹ My loved ones and friends stand back from my affliction,
and my relatives stand at a distance.
- ¹² Those who intend to kill me set traps,
and those who want to harm me threaten to destroy me;
they plot treachery all day long.
- ¹³ I am like a deaf person; I do not hear.
I am like a speechless person
who does not open his mouth.
- ¹⁴ I am like a man who does not hear
and has no arguments in his mouth.
- ¹⁵ For I put my hope in you, LORD;
you will answer me, my Lord, my God.
- ¹⁶ For I said, "Don't let them rejoice over me —
those who are arrogant toward me when I stumble."
- ¹⁷ For I am about to fall,
and my pain is constantly with me.
- ¹⁸ So I confess my iniquity;

- I am anxious because of my sin.
19 But my enemies are vigorous and powerful;
many hate me for no reason.
20 Those who repay evil for good
attack me for pursuing good.
- 21 LORD, do not abandon me;
my God, do not be far from me.
22 Hurry to help me,
my Lord, my salvation.

Psalm 39

- 1 I said, "I will guard my ways
so that I may not sin with my tongue;
I will guard my mouth with a muzzle
as long as the wicked are in my presence."
2 I was speechless and quiet;
I kept silent, even from speaking good,
and my pain intensified.
3 My heart grew hot within me;
as I mused, a fire burned.
I spoke with my tongue:
4 "LORD, make me aware of my end
and the number of my days
so that I will know how short-lived I am.
5 In fact, you have made my days just inches long,
and my life span is as nothing to you.
Yes, every human being stands as only a vapor. Selah
6 Yes, a person goes about like a mere shadow.
Indeed, they rush around in vain,
gathering possessions
without knowing who will get them.
- 7 "Now, Lord, what do I wait for?
My hope is in you.
8 Rescue me from all my transgressions;
do not make me the taunt of fools.
9 I am speechless; I do not open my mouth
because of what you have done.
10 Remove your torment from me.
Because of the force of your hand I am finished.
11 You discipline a person with punishment for iniquity,
consuming like a moth what is precious to him;
yes, every human being is only a vapor. Selah

- ¹² “Hear my prayer, LORD,
and listen to my cry for help;
do not be silent at my tears.
For I am here with you as an alien,
a temporary resident like all my ancestors.
- ¹³ Turn your angry gaze from me
so that I may be cheered up
before I die and am gone.”

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord’s Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Blessed Lord, who caused all Holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that by patience and the comfort of your holy Word we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

The Book of Common Prayer

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 8 MIDDAY PRAYER

Call to Prayer

Grace to you and peace from God our Father and the Lord Jesus Christ.

Philippians 1:2

Midday Psalms

Psalm 40

- ¹ I waited patiently for the LORD,
and he turned to me and heard my cry for help.
- ² He brought me up from a desolate pit,
out of the muddy clay,
and set my feet on a rock,
making my steps secure.
- ³ He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear,
and they will trust in the LORD.

- ⁴ How happy is anyone
who has put his trust in the LORD
and has not turned to the proud
or to those who run after lies!
- ⁵ LORD my God, you have done many things—
your wondrous works and your plans for us;
none can compare with you.
If I were to report and speak of them,
they are more than can be told.

- ⁶ You do not delight in sacrifice and offering;
you open my ears to listen.
You do not ask for a whole burnt offering or a sin offering.
- ⁷ Then I said, “See, I have come;
in the scroll it is written about me.
- ⁸ I delight to do your will, my God,
and your instruction is deep within me.”

- ⁹ I proclaim righteousness in the great assembly;
see, I do not keep my mouth closed—
as you know, LORD.
- ¹⁰ I did not hide your righteousness in my heart;
I spoke about your faithfulness and salvation;
I did not conceal your constant love and truth

from the great assembly.

¹¹ LORD, you do not withhold your compassion from me.
Your constant love and truth will always guard me.

¹² For troubles without number have surrounded me;
my iniquities have overtaken me; I am unable to see.
They are more than the hairs of my head,
and my courage leaves me.

¹³ LORD, be pleased to rescue me;
hurry to help me, LORD.

¹⁴ Let those who intend to take my life
be disgraced and confounded.
Let those who wish me harm
be turned back and humiliated.

¹⁵ Let those who say to me, "Aha, aha!"
be appalled because of their shame.

¹⁶ Let all who seek you rejoice and be glad in you;
let those who love your salvation continually say,
"The LORD is great!"

¹⁷ I am oppressed and needy;
may the Lord think of me.
You are my helper and my deliverer;
my God, do not delay.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May your faithful love rest on us, LORD, for we put our hope in you.

Psalm 33:22

DAY 8 EVENING PRAYER

Call to Prayer

Jesus spoke to them again: “I am the light of the world. Anyone who follows me will never walk in darkness but will have the light of life.”

John 8:12

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 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 Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

O gladsome light,
pure brightness of the everlasting 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.

Phos Hilaron

Evening Psalms

Psalm 41

- ¹ Happy is one who is considerate of the poor;
the LORD will save him in a day of adversity.
- ² The LORD will keep him and preserve him;
he will be blessed in the land.
You will not give him over to the desire of his enemies.
- ³ The LORD will sustain him on his sickbed;
you will heal him on the bed where he lies.
- ⁴ I said, "LORD, be gracious to me;
heal me, for I have sinned against you."
- ⁵ My enemies speak maliciously about me:
"When will he die and be forgotten?"
- ⁶ When one of them comes to visit, he speaks deceitfully;
he stores up evil in his heart;
he goes out and talks.
- ⁷ All who hate me whisper together about me;
they plan to harm me.
- ⁸ "Something awful has overwhelmed him,
and he won't rise again from where he lies!"
- ⁹ Even my friend in whom I trusted,
one who ate my bread,
has raised his heel against me.
- ¹⁰ But you, LORD, be gracious to me and raise me up;
then I will repay them.
- ¹¹ By this I know that you delight in me:
my enemy does not shout in triumph over me.
- ¹² You supported me because of my integrity
and set me in your presence forever.
- ¹³ Blessed be the LORD God of Israel,
from everlasting to everlasting.
Amen and amen.

Psalm 42

- ¹ As a deer longs for flowing streams,
so I long for you, God.
- ² I thirst for God, the living God.
When can I come and appear before God?
- ³ My tears have been my food day and night,
while all day long people say to me,
"Where is your God?"

- 4 I remember this as I pour out my heart:
how I walked with many,
leading the festive procession to the house of God,
with joyful and thankful shouts.
- 5 Why, my soul, are you so dejected?
Why are you in such turmoil?
Put your hope in God, for I will still praise him,
my Savior and my God.
- 6 I am deeply depressed;
therefore I remember you from the land of Jordan
and the peaks of Hermon, from Mount Mizar.
- 7 Deep calls to deep in the roar of your waterfalls;
all your breakers and your billows have swept over me.
- 8 The LORD will send his faithful love by day;
his song will be with me in the night —
a prayer to the God of my life.
- 9 I will say to God, my rock,
“Why have you forgotten me?
Why must I go about in sorrow
because of the enemy’s oppression?”
- 10 My adversaries taunt me,
as if crushing my bones,
while all day long they say to me,
“Where is your God?”
- 11 Why, my soul, are you so dejected?
Why are you in such turmoil?
Put your hope in God, for I will still praise him,
my Savior and my God.

Psalm 43

- 1 Vindicate me, God, and champion my cause
against an unfaithful nation;
rescue me from the deceitful and unjust person.
- 2 For you are the God of my refuge.
Why have you rejected me?
Why must I go about in sorrow
because of the enemy’s oppression?
- 3 Send your light and your truth; let them lead me.
Let them bring me to your holy mountain,
to your dwelling place.
- 4 Then I will come to the altar of God,
to God, my greatest joy.

I will praise you with the lyre,
God, my God.

- 5 Why, my soul, are you so dejected?
Why are you in such turmoil?
Put your hope in God, for I will still praise him,
my Savior and my God.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

Francis of Assisi

Blessing

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

DAY 9 MORNING PRAYER

Call to Prayer

The Word was made flesh and dwelt among us: O come, let us adore him.

Confession of Faith

I believe that Jesus Christ is the eternal Son of God become human for us and our salvation, the only Mediator between God and humanity, born of the virgin Mary, the Son of David and servant of the house of Israel, one person with two natures, truly God and truly man. He lived a fully human life, having entered into the disorder and brokenness of fallen existence, yet without sin, and in his words, deeds, attitude, and suffering embodied the free and loving communication of God's own light and life.

Adapted from the Reforming Catholic Confession

Canticle

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of the Father. Amen.

Morning Psalms

Psalm 45

- ¹ My heart is moved by a noble theme
as I recite my verses to the king;
my tongue is the pen of a skillful writer.
- ² You are the most handsome of men;
grace flows from your lips.

Therefore God has blessed you forever.
3 Mighty warrior, strap your sword at your side.
In your majesty and splendor —
4 in your splendor ride triumphantly
in the cause of truth, humility, and justice.
May your right hand show your awe-inspiring acts.
5 Your sharpened arrows pierce the hearts of the king's enemies;
the peoples fall under you.

6 Your throne, God, is forever and ever;
the scepter of your kingdom is a scepter of justice.
7 You love righteousness and hate wickedness;
therefore God, your God, has anointed you with the oil of joy
more than your companions.
8 Myrrh, aloes, and cassia perfume all your garments;
from ivory palaces harps bring you joy.
9 Kings' daughters are among your honored women;
the queen, adorned with gold from Ophir,
stands at your right hand.

10 Listen, daughter, pay attention and consider:
Forget your people and your father's house,
11 and the king will desire your beauty.
Bow down to him, for he is your lord.
12 The daughter of Tyre, the wealthy people,
will seek your favor with gifts.

13 In her chamber, the royal daughter is all glorious,
her clothing embroidered with gold.
14 In colorful garments she is led to the king;
after her, the virgins, her companions, are brought to you.
15 They are led in with gladness and rejoicing;
they enter the king's palace.

16 Your sons will succeed your ancestors;
you will make them princes throughout the land.
17 I will cause your name to be remembered for all generations;
therefore the peoples will praise you forever and ever.

Psalm 46

1 God is our refuge and strength,
a helper who is always found
in times of trouble.
2 Therefore we will not be afraid,
though the earth trembles

- and the mountains topple
into the depths of the seas,
3 though its water roars and foams
and the mountains quake with its turmoil. Selah
- 4 There is a river —
its streams delight the city of God,
the holy dwelling place of the Most High.
5 God is within her; she will not be toppled.
God will help her when the morning dawns.
6 Nations rage, kingdoms topple;
the earth melts when he lifts his voice.
7 The LORD of Armies is with us;
the God of Jacob is our stronghold. Selah
- 8 Come, see the works of the LORD,
who brings devastation on the earth.
9 He makes wars cease throughout the earth.
He shatters bows and cuts spears to pieces;
he sets wagons ablaze.
10 “Stop fighting, and know that I am God,
exalted among the nations, exalted on the earth.”
11 The LORD of Armies is with us;
the God of Jacob is our stronghold. Selah

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord God, almighty and everlasting Father, you have brought me in safety to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Ephesians 3:20-21

DAY 9 MIDDAY PRAYER

Call to Prayer

Lord, open my lips, and my mouth will declare your praise.

Psalms 51:15

Midday Psalms

Psalm 44

- ¹ God, we have heard with our ears —
our ancestors have told us —
the work you accomplished in their days,
in days long ago:
- ² In order to plant them,
you displaced the nations by your hand;
in order to settle them,
you brought disaster on the peoples.
- ³ For they did not take the land by their sword —
their arm did not bring them victory —
but by your right hand, your arm,
and the light of your face,
because you were favorable toward them.
- ⁴ You are my King, my God,
who ordains victories for Jacob.
- ⁵ Through you we drive back our foes;
through your name we trample our enemies.
- ⁶ For I do not trust in my bow,

and my sword does not bring me victory.
7 But you give us victory over our foes
and let those who hate us be disgraced.
8 We boast in God all day long;
we will praise your name forever. Selah
9 But you have rejected and humiliated us;
you do not march out with our armies.
10 You make us retreat from the foe,
and those who hate us
have taken plunder for themselves.
11 You hand us over to be eaten like sheep
and scatter us among the nations.
12 You sell your people for nothing;
you make no profit from selling them.
13 You make us an object of reproach to our neighbors,
a source of mockery and ridicule to those around us.
14 You make us a joke among the nations,
a laughingstock among the peoples.
15 My disgrace is before me all day long,
and shame has covered my face,
16 because of the taunts of the scorner and reviler,
because of the enemy and avenger.

17 All this has happened to us,
but we have not forgotten you
or betrayed your covenant.
18 Our hearts have not turned back;
our steps have not strayed from your path.
19 But you have crushed us in a haunt of jackals
and have covered us with deepest darkness.
20 If we had forgotten the name of our God
and spread out our hands to a foreign god,
21 wouldn't God have found this out,
since he knows the secrets of the heart?
22 Because of you we are being put to death all day long;
we are counted as sheep to be slaughtered.

23 Wake up, LORD! Why are you sleeping?
Get up! Don't reject us forever!
24 Why do you hide
and forget our affliction and oppression?
25 For we have sunk down to the dust;
our bodies cling to the ground.
26 Rise up! Help us!
Redeem us because of your faithful love.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 9 EVENING PRAYER

Call to Prayer

The LORD founded the earth by wisdom and established the heavens by understanding. By his knowledge the watery depths broke open, and the clouds dripped with dew.

Proverbs 3:19-20

Confession of sin

O Lord, the house of my soul is narrow; enlarge it that you may enter in. It is ruined, O repair it! It displeases your sight; I confess it, I know. But who shall cleanse it, or to whom shall I cry but unto you? Cleanse me from my secret faults, O Lord, and spare your servant from sin.

Augustine

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

Now, Lord,
you can dismiss your servant in peace,

as you promised.
For my eyes have seen your salvation.
You have prepared it
in the presence of all peoples—
a light for revelation to the Gentiles
and glory to your people Israel.

Luke 2:29-32

Evening Psalms

Psalm 47

- ¹ Clap your hands, all you peoples;
shout to God with a jubilant cry.
- ² For the LORD, the Most High, is awe-inspiring,
a great King over the whole earth.
- ³ He subdues peoples under us
and nations under our feet.
- ⁴ He chooses for us our inheritance —
the pride of Jacob, whom he loves. Selah

- ⁵ God ascends among shouts of joy,
the LORD, with the sound of of a ram's horn.
- ⁶ Sing praise to God, sing praise;
sing praise to our King, sing praise!
- ⁷ Sing a song of wisdom,
for God is King of the whole earth.

- ⁸ God reigns over the nations;
God is seated on his holy throne.
- ⁹ The nobles of the peoples have assembled
with the people of the God of Abraham.
For the leaders of the earth belong to God;
he is greatly exalted.

Psalm 48

- ¹ The LORD is great and highly praised
in the city of our God.
His holy mountain, ² rising splendidly,
is the joy of the whole earth.
Mount Zion — the summit of Zaphon —
is the city of the great King.
- ³ God is known as a stronghold
in its citadels.

- 4 Look! The kings assembled;
they advanced together.
- 5 They looked and froze with fear;
they fled in terror.
- 6 Trembling seized them there,
agony like that of a woman in labor,
7 as you wrecked the ships of Tarshish
with the east wind.
- 8 Just as we heard, so we have seen
in the city of the LORD of Armies,
in the city of our God;
God will establish it forever. Selah
- 9 God, within your temple,
we contemplate your faithful love.
- 10 Like your name, God, so your praise
reaches to the ends of the earth;
your right hand is filled with justice.
- 11 Mount Zion is glad.
Judah's villages rejoice
because of your judgments.
- 12 Go around Zion, encircle it;
count its towers,
13 note its ramparts; tour its citadels
so that you can tell a future generation:
14 "This God, our God forever and ever —
he will always lead us."

Psalm 49

- 1 Hear this, all you peoples;
listen, all who inhabit the world,
2 both low and high,
rich and poor together.
- 3 My mouth speaks wisdom;
my heart's meditation brings understanding.
- 4 I turn my ear to a proverb;
I explain my riddle with a lyre.
- 5 Why should I fear in times of trouble?
The iniquity of my foes surrounds me.
- 6 They trust in their wealth
and boast of their abundant riches.
- 7 Yet these cannot redeem a person

- or pay his ransom to God —
8 since the price of redeeming him is too costly,
one should forever stop trying —
9 so that he may live forever
and not see the Pit.
- 10 For one can see that the wise die;
the foolish and stupid also pass away.
Then they leave their wealth to others.
11 Their graves are their permanent homes,
their dwellings from generation to generation,
though they have named estates after themselves.
12 But despite his assets, mankind will not last;
he is like the animals that perish.
- 13 This is the way of those who are arrogant,
and of their followers,
who approve of their words. Selah
14 Like sheep they are headed for Sheol;
Death will shepherd them.
The upright will rule over them in the morning,
and their form will waste away in Sheol,
far from their lofty abode.
15 But God will redeem me
from the power of Sheol,
for he will take me. Selah
- 16 Do not be afraid when a person gets rich,
when the wealth of his house increases.
17 For when he dies, he will take nothing at all;
his wealth will not follow him down.
18 Though he blesses himself during his lifetime —
and you are acclaimed when you do well for yourself —
19 he will go to the generation of his fathers;
they will never see the light.
20 Mankind, with his assets
but without understanding,
is like the animals that perish.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O God, who wonderfully created, and yet more wonderfully restored, the dignity of human nature:
Grant that we may share the divine life of him who humbled himself to share our humanity, your Son
Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever.

The Book of Common Prayer

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 10 MORNING PRAYER

Call to Prayer

My name will be great among the nations, from the rising of the sun to its setting. Incense and pure offerings will be presented in my name in every place because my name will be great among the nations, says the LORD of Armies.

Malachi 1:11

Confession of Faith

I believe that the one, holy, catholic, and apostolic church is God's new society, the first fruit of the new creation, the whole company of the redeemed through the ages, of which Christ is Lord and head. The truth that Jesus is the Christ, the Son of the living God, is the church's firm foundation. The local church is both embassy and parable of the kingdom of heaven, an earthly place where his will is done and he is now present, existing visibly everywhere two or three gather in his name to proclaim and spread the gospel in word and works of love, and by obeying the Lord's command to baptize disciples and celebrate the Lord's Supper.

Adapted from the Reforming Catholic Confession

Canticle

Arise, shine, for your light has come,
and the glory of the LORD shines over you.
For look, darkness will cover the earth,
and total darkness the peoples;
but the LORD will shine over you,
and his glory will appear over you.
Nations will come to your light,
and kings to your shining brightness.
Your city gates will always be open;
they will never be shut day or night
so that the wealth of the nations
may be brought into you,
with their kings being led in procession.
The sons of your oppressors
will come and bow down to you;
all who reviled you
will fall facedown at your feet.
They will call you the City of the LORD,
Zion of the Holy One of Israel.
Violence will never again be heard of in your land;
devastation and destruction

will be gone from your borders.
You will call your walls Salvation
and your city gates Praise.
The sun will no longer be your light by day,
and the brightness of the moon will not shine on you.
The LORD will be your everlasting light,
and your God will be your splendor.

Isaiah 60:1-3, 11, 14, 18-19

Morning Psalms

Psalm 51

- ¹ Be gracious to me, God,
according to your faithful love;
according to your abundant compassion,
blot out my rebellion.
- ² Completely wash away my guilt
and cleanse me from my sin.
- ³ For I am conscious of my rebellion,
and my sin is always before me.
- ⁴ Against you — you alone — I have sinned
and done this evil in your sight.
So you are right when you pass sentence;
you are blameless when you judge.
- ⁵ Indeed, I was guilty when I was born;
I was sinful when my mother conceived me.

- ⁶ Surely you desire integrity in the inner self,
and you teach me wisdom deep within.
- ⁷ Purify me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
- ⁸ Let me hear joy and gladness;
let the bones you have crushed rejoice.
- ⁹ Turn your face away from my sins
and blot out all my guilt.

- ¹⁰ God, create a clean heart for me
and renew a steadfast spirit within me.
- ¹¹ Do not banish me from your presence
or take your Holy Spirit from me.
- ¹² Restore the joy of your salvation to me,
and sustain me by giving me a willing spirit.
- ¹³ Then I will teach the rebellious your ways,
and sinners will return to you.

- ¹⁴ Save me from the guilt of bloodshed, God —
God of my salvation —
and my tongue will sing of your righteousness.
- ¹⁵ Lord, open my lips,
and my mouth will declare your praise.
- ¹⁶ You do not want a sacrifice, or I would give it;
you are not pleased with a burnt offering.
- ¹⁷ The sacrifice pleasing to God is a broken spirit.
You will not despise a broken and humbled heart, God.
- ¹⁸ In your good pleasure, cause Zion to prosper;
build the walls of Jerusalem.
- ¹⁹ Then you will delight in righteous sacrifices,
whole burnt offerings;
then bulls will be offered on your altar.

Psalm 52

- ¹ Why boast about evil, you hero!
God's faithful love is constant.
- ² Like a sharpened razor,
your tongue devises destruction,
working treachery.
- ³ You love evil instead of good,
lying instead of speaking truthfully. Selah
- ⁴ You love any words that destroy,
you treacherous tongue!
- ⁵ This is why God will bring you down forever.
He will take you, ripping you out of your tent;
he will uproot you from the land of the living. Selah
- ⁶ The righteous will see and fear,
and they will derisively say about that hero,
- ⁷ "Here is the man
who would not make God his refuge,
but trusted in the abundance of his riches,
taking refuge in his destructive behavior."
- ⁸ But I am like a flourishing olive tree
in the house of God;
I trust in God's faithful love forever and ever.
- ⁹ I will praise you forever for what you have done.
In the presence of your faithful people,
I will put my hope in your name, for it is good.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

The Book of Common Prayer

Blessing

May God be gracious to us and bless us; may he make his face shine upon us so that your way may be known on earth, your salvation among all nations.

Psalm 67:1-2

DAY 10 MIDDAY PRAYER

Call to Prayer

The earth is the Lord's for he made it: O come let us adore him.

Midday Psalms

Psalm 50

- ¹ The Mighty One, God, the LORD, speaks;
he summons the earth
from the rising of the sun to its setting.

- 2 From Zion, the perfection of beauty,
God appears in radiance.
- 3 Our God is coming; he will not be silent!
Devouring fire precedes him,
and a storm rages around him.
- 4 On high, he summons heaven and earth
in order to judge his people:
- 5 “Gather my faithful ones to me,
those who made a covenant with me by sacrifice.”
- 6 The heavens proclaim his righteousness,
for God is the Judge. Selah
- 7 “Listen, my people, and I will speak;
I will testify against you, Israel.
I am God, your God.
- 8 I do not rebuke you for your sacrifices
or for your burnt offerings,
which are continually before me.
- 9 I will not take a bull from your household
or male goats from your pens,
10 for every animal of the forest is mine,
the cattle on a thousand hills.
- 11 I know every bird of the mountains,
and the creatures of the field are mine.
- 12 If I were hungry, I would not tell you,
for the world and everything in it is mine.
- 13 Do I eat the flesh of bulls
or drink the blood of goats?
- 14 Offer a thanksgiving sacrifice to God,
and pay your vows to the Most High.
- 15 Call on me in a day of trouble;
I will rescue you, and you will honor me.”
- 16 But God says to the wicked:
“What right do you have to recite my statutes
and to take my covenant on your lips?
- 17 You hate instruction
and fling my words behind you.
- 18 When you see a thief,
you make friends with him,
and you associate with adulterers.
- 19 You unleash your mouth for evil
and harness your tongue for deceit.
- 20 You sit, maligning your brother,
slandering your mother’s son.

- ²¹ You have done these things, and I kept silent;
you thought I was just like you.
But I will rebuke you
and lay out the case before you.
- ²² “Understand this, you who forget God,
or I will tear you apart,
and there will be no one to rescue you.
- ²³ Whoever offers a thanksgiving sacrifice honors me,
and whoever orders his conduct,
I will show him the salvation of God.”

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord’s Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the LORD bless you and protect you;
may the LORD make his face shine on you and be gracious to you;
may the LORD look with favor on you and give you peace.

Numbers 6:24-26

DAY 10 EVENING PRAYER

Call to Prayer

Worship the LORD in the splendor of his holiness; let the whole earth tremble before him.

Psalms 96:9

Confession of sin

Merciful Lord, pardon all the sins of my life, of omission and commission, of lips, life and walk, of hard-heartedness, unbelief, pride, of bringing dishonor on your great name, of impurity in thought, word and deed, of covetousness, which is idolatry. Pardon all my sins, known and unknown, felt and unfelt, confessed and unconfessed, remembered or forgotten. Good Lord, hear; and hearing, forgive!

The Valley of Vision

As far as the east is from the west, so far has he removed our transgressions from us.

Canticle

Indeed, God is my salvation;
I will trust him and not be afraid,
for the LORD, the LORD himself,
is my strength and my song.
He has become my salvation.
You will joyfully draw water
from the springs of salvation,
and on that day you will say,
“Give thanks to the LORD; proclaim his name!
Make his works known among the peoples.
Declare that his name is exalted.
Sing to the LORD, for he has done glorious things.
Let this be known throughout the earth.
Cry out and sing, citizen of Zion,
for the Holy One of Israel is among you
in his greatness.”

Isaiah 12:2-6

Evening Psalms

Psalm 53

- ¹ The fool says in his heart, “There’s no God.”
They are corrupt, and they do vile deeds.
There is no one who does good.
- ² God looks down from heaven on the human race
to see if there is one who is wise,
one who seeks God.
- ³ All have turned away;
all alike have become corrupt.
There is no one who does good,
not even one.

- 4 Will evildoers never understand?
They consume my people as they consume bread;
they do not call on God.
- 5 Then they will be filled with dread —
dread like no other —
because God will scatter
the bones of those who besiege you.
You will put them to shame,
for God has rejected them.
- 6 Oh, that Israel's deliverance would come from Zion!
When God restores the fortunes of his people,
let Jacob rejoice, let Israel be glad.

Psalm 54

- 1 God, save me by your name,
and vindicate me by your might!
- 2 God, hear my prayer;
listen to the words from my mouth.
- 3 For strangers rise up against me,
and violent men intend to kill me.
They do not let God guide them. Selah
- 4 God is my helper;
the Lord is the sustainer of my life.
- 5 He will repay my adversaries for their evil.
Because of your faithfulness, annihilate them.
- 6 I will sacrifice a freewill offering to you.
I will praise your name, LORD,
because it is good.
- 7 For he has rescued me from every trouble,
and my eye has looked down on my enemies.

Psalm 55

- 1 God, listen to my prayer
and do not hide from my plea for help.
- 2 Pay attention to me and answer me.
I am restless and in turmoil with my complaint,
- 3 because of the enemy's words,
because of the pressure of the wicked.
For they bring down disaster on me
and harass me in anger.
- 4 My heart shudders within me;

terrors of death sweep over me.
5 Fear and trembling grip me;
horror has overwhelmed me.
6 I said, "If only I had wings like a dove!
I would fly away and find rest.
7 How far away I would flee;
I would stay in the wilderness. Selah
8 I would hurry to my shelter
from the raging wind and the storm."

9 Lord, confuse and confound their speech,
for I see violence and strife in the city;
10 day and night they make the rounds on its walls.
Crime and trouble are within it;
11 destruction is inside it;
oppression and deceit never leave its marketplace.

12 Now it is not an enemy who insults me —
otherwise I could bear it;
it is not a foe who rises up against me —
otherwise I could hide from him.
13 But it is you, a man who is my peer,
my companion and good friend!
14 We used to have close fellowship;
we walked with the crowd into the house of God.

15 Let death take them by surprise;
let them go down to Sheol alive,
because evil is in their homes and within them.
16 But I call to God,
and the LORD will save me.
17 I complain and groan morning, noon, and night,
and he hears my voice.
18 Though many are against me,
he will redeem me from my battle unharmed.
19 God, the one enthroned from long ago,
will hear and will humiliate them Selah
because they do not change
and do not fear God.

20 My friend acts violently
against those at peace with him;
he violates his covenant.
21 His buttery words are smooth,
but war is in his heart.

His words are softer than oil,
but they are drawn swords.

²² Cast your burden on the LORD,
and he will sustain you;
he will never allow the righteous to be shaken.

²³ God, you will bring them down
to the Pit of destruction;
men of bloodshed and treachery
will not live out half their days.
But I will trust in you.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O Lord my God, instruct my ignorance and enlighten my darkness. You are my King, take possession of all my powers and abilities and let me be no longer under the dominion of sin. Give me a sincere and heartfelt repentance for all my offenses and strengthen by your grace my resolution to amend my ways. Grant me also the spirit of prayer and supplication according to your own most gracious promises.

Phillis Wheatley

Blessing

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

DAY 11 MORNING PRAYER

Call to Prayer

The Lord is full of compassion and mercy: O come, let us adore him.

Confession of Faith

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

Nicene Creed

Canticle

Seek the LORD while he may be found;
call to him while he is near.
Let the wicked one abandon his way
and the sinful one his thoughts;
let him return to the LORD,
so he may have compassion on him,
and to our God, for he will freely forgive.
“For my thoughts are not your thoughts,
and your ways are not my ways.”
This is the LORD’s declaration.
“For as heaven is higher than earth,
so my ways are higher than your ways,
and my thoughts than your thoughts.
For just as rain and snow fall from heaven
and do not return there
without saturating the earth
and making it germinate and sprout,
and providing seed to sow
and food to eat,
so my word that comes from my mouth
will not return to me empty,
but it will accomplish what I please
and will prosper in what I send it to do.”

Isaiah 55:6-11

Morning Psalms

Psalm 56

- ¹ Be gracious to me, God, for a man is trampling me;
he fights and oppresses me all day long.
- ² My adversaries trample me all day,
for many arrogantly fight against me.
- ³ When I am afraid,
I will trust in you.
- ⁴ In God, whose word I praise,
in God I trust; I will not be afraid.
What can mere mortals do to me?
- ⁵ They twist my words all day long;
all their thoughts against me are evil.
- ⁶ They stir up strife, they lurk,
they watch my steps
while they wait to take my life.
- ⁷ Will they escape in spite of such sin?
God, bring down the nations in wrath.
- ⁸ You yourself have recorded my wanderings.
Put my tears in your bottle.
Are they not in your book?
- ⁹ Then my enemies will retreat on the day when I call.
This I know: God is for me.
- ¹⁰ In God, whose word I praise,
in the LORD, whose word I praise,
¹¹ in God I trust; I will not be afraid.
What can mere humans do to me?
- ¹² I am obligated by vows to you, God;
I will make my thanksgiving sacrifices to you.
- ¹³ For you rescued me from death,
even my feet from stumbling,
to walk before God in the light of life.

Psalm 57

- ¹ Be gracious to me, God, be gracious to me,
for I take refuge in you.
I will seek refuge in the shadow of your wings
until danger passes.
- ² I call to God Most High,

- to God who fulfills his purpose for me.
- ³ He reaches down from heaven and saves me,
challenging the one who tramples me. Selah
God sends his faithful love and truth.
- ⁴ I am surrounded by lions;
I lie down among devouring lions —
people whose teeth are spears and arrows,
whose tongues are sharp swords.
- ⁵ God, be exalted above the heavens;
let your glory be over the whole earth.
- ⁶ They prepared a net for my steps;
I was despondent.
They dug a pit ahead of me,
but they fell into it! Selah
- ⁷ My heart is confident, God, my heart is confident.
I will sing; I will sing praises.
- ⁸ Wake up, my soul!
Wake up, harp and lyre!
I will wake up the dawn.
- ⁹ I will praise you, Lord, among the peoples;
I will sing praises to you among the nations.
- ¹⁰ For your faithful love is as high as the heavens;
your faithfulness reaches the clouds.
- ¹¹ God, be exalted above the heavens;
let your glory be over the whole earth.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

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 which may happen to the body, and from all evil thoughts which 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.

The Book of Common Prayer

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 11 MIDDAY PRAYER

Call to Prayer

The mercy of the Lord is everlasting: O come, let us adore him.

Midday Psalms

Psalm 58

- ¹ Do you really speak righteously, you mighty ones?
Do you judge people fairly?
- ² No, you practice injustice in your hearts;
with your hands you weigh out violence in the land.

- ³ The wicked go astray from the womb;
liars wander about from birth.
- ⁴ They have venom like the venom of a snake,
like the deaf cobra that stops up its ears,
- ⁵ that does not listen to the sound of the charmers
who skillfully weave spells.

- ⁶ God, knock the teeth out of their mouths;
LORD, tear out the young lions' fangs.
- ⁷ May they vanish like water that flows by;
may they aim their blunted arrows.
- ⁸ Like a slug that moves along in slime,
like a woman's miscarried child,
may they not see the sun.

- ⁹ Before your pots can feel the heat of the thorns —
whether green or burning —
he will sweep them away.
- ¹⁰ The righteous one will rejoice
when he sees the retribution;
he will wash his feet in the blood of the wicked.
- ¹¹ Then people will say,
“Yes, there is a reward for the righteous!
There is a God who judges on earth!”

Psalm 61

- ¹ God, hear my cry;
pay attention to my prayer.
- ² I call to you from the ends of the earth
when my heart is without strength.
Lead me to a rock that is high above me,
³ for you have been a refuge for me,
a strong tower in the face of the enemy.
- ⁴ I will dwell in your tent forever
and take refuge under the shelter of your wings. Selah
- ⁵ God, you have heard my vows;
you have given a heritage
to those who fear your name.
- ⁶ Add days to the king's life;
may his years span many generations.
- ⁷ May he sit enthroned before God forever.
Appoint faithful love and truth to guard him.
- ⁸ Then I will continually sing of your name,
fulfilling my vows day by day.

Gloria

Glorify be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors

And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 11 EVENING PRAYER

Call to Prayer

We all went astray like sheep; we all have turned to our own way; and the LORD has punished him for the iniquity of us all.

Isaiah 53:6

Confession of sin

Lord Jesus Christ, who stretched out your hands on the cross, and redeemed us by your blood: forgive me, a sinner, for none of my thoughts are hidden from you. Pardon I ask, pardon I hope for, pardon I trust to have. You who are full of pity and mercy: spare me, and forgive.

Ambrose

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

Glory to you, Lord God of our fathers;
you are worthy of praise; glory to you.
Glory to you for the radiance of your holy Name;
we will praise you and highly exalt you for ever.
Glory to you in the splendor of your temple;
on the throne of your majesty, glory to you.
Glory to you, seated between the Cherubim;
we will praise you and highly exalt you for ever.
Glory to you, beholding the depths;
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit;
we will praise you and highly exalt you for ever.

Song of the Three Young Men

Evening Psalms

Psalm 59

- ¹ Rescue me from my enemies, my God;
protect me from those who rise up against me.
- ² Rescue me from evildoers,
and save me from men of bloodshed.
- ³ Because look, LORD, they set an ambush for me.
Powerful men attack me,
but not because of any sin or rebellion of mine.
- ⁴ For no fault of mine,
they run and take up a position.
Awake to help me, and take notice.
- ⁵ LORD God of Armies, you are the God of Israel.
Rise up to punish all the nations;
do not show favor to any wicked traitors. Selah
- ⁶ They return at evening, snarling like dogs
and prowling around the city.
- ⁷ Look, they spew from their mouths—
sharp words from their lips.
“For who,” they say, “will hear?”
- ⁸ But you laugh at them, LORD;
you ridicule all the nations.
- ⁹ I will keep watch for you, my strength,
because God is my stronghold.
- ¹⁰ My faithful God will come to meet me;
God will let me look down on my adversaries.
- ¹¹ Do not kill them; otherwise, my people will forget.
By your power, make them homeless wanderers
and bring them down,
Lord, our shield.
- ¹² For the sin of their mouths and the words of their lips,
let them be caught in their pride.
They utter curses and lies.
- ¹³ Consume them in fury;
consume them until they are gone.
Then people will know throughout the earth
that God rules over Jacob. Selah
- ¹⁴ And they return at evening, snarling like dogs
and prowling around the city.
- ¹⁵ They scavenge for food;
they growl if they are not satisfied.

- ¹⁶ But I will sing of your strength
and will joyfully proclaim
your faithful love in the morning.
For you have been a stronghold for me,
a refuge in my day of trouble.
- ¹⁷ To you, my strength, I sing praises,
because God is my stronghold —
my faithful God.

Psalm 60

- ¹ God, you have rejected us;
you have broken us down;
you have been angry. Restore us!
- ² You have shaken the land and split it open.
Heal its fissures, for it shudders.
- ³ You have made your people suffer hardship;
you have given us wine to drink
that made us stagger.
- ⁴ You have given a signal flag to those who fear you,
so that they can flee before the archers. Selah
- ⁵ Save with your right hand, and answer me,
so that those you love may be rescued.
- ⁶ God has spoken in his sanctuary:
“I will celebrate!
I will divide up Shechem.
I will apportion the Valley of Succoth.
- ⁷ Gilead is mine, Manasseh is mine,
and Ephraim is my helmet;
Judah is my scepter.
- ⁸ Moab is my washbasin.
I throw my sandal on Edom;
I shout in triumph over Philistia.”
- ⁹ Who will bring me to the fortified city?
Who will lead me to Edom?
- ¹⁰ God, haven’t you rejected us?
God, you do not march out with our armies.
- ¹¹ Give us aid against the foe,
for human help is worthless.
- ¹² With God we will perform valiantly;
he will trample our foes.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty God, Father of our Lord Jesus Christ, creator of heaven and earth, together with your Son, our Lord Jesus Christ, your Word and image, and with your Holy Spirit: Have mercy upon us and forgive us our sins for your Son's sake, whom you have made our Mediator according to your wonderful counsels, and do guide and sanctify us by your Holy Spirit. Grant that we may praise You throughout eternity!

Philipp Melancthon

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 12 MORNING PRAYER

Call to Prayer

So if you have been raised with Christ, seek the things above, where Christ is, seated at the right hand of God.

Colossians 3:1

Confession of Faith

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

Nicene Creed

Canticle

I will sing to the LORD,
for he is highly exalted;
he has thrown the horse
and its rider into the sea.
The LORD is my strength and my song;
he has become my salvation.
This is my God, and I will praise him,
my father's God, and I will exalt him.

The LORD is a warrior;
the LORD is his name.
He threw Pharaoh's chariots
and his army into the sea;
the elite of his officers
were drowned in the Red Sea.
The floods covered them;
they sank to the depths like a stone.
LORD, your right hand is glorious in power.
LORD, your right hand shattered the enemy.
LORD, who is like you among the gods?
Who is like you, glorious in holiness,
revered with praises, performing wonders?
You stretched out your right hand,
and the earth swallowed them.
With your faithful love,
you will lead the people
you have redeemed;
you will guide them to your holy dwelling
with your strength.
You will bring them in and plant them
on the mountain of your possession;
LORD, you have prepared the place
for your dwelling;
Lord, your hands have established the sanctuary.
The LORD will reign forever and ever!

Exodus 15:1-6, 11-13, 17-18

Morning Psalms

Psalm 62

- ¹ I am at rest in God alone;
my salvation comes from him.
- ² He alone is my rock and my salvation,
my stronghold; I will never be shaken.
- ³ How long will you threaten a man?
Will all of you attack
as if he were a leaning wall
or a tottering fence?
- ⁴ They only plan to bring him down
from his high position.

They take pleasure in lying;
they bless with their mouths,
but they curse inwardly. Selah

- 5 Rest in God alone, my soul,
for my hope comes from him.
- 6 He alone is my rock and my salvation,
my stronghold; I will not be shaken.
- 7 My salvation and glory depend on God, my strong rock.
My refuge is in God.
- 8 Trust in him at all times, you people;
pour out your hearts before him.
God is our refuge. Selah
- 9 Common people are only a vapor;
important people, an illusion.
Together on a scale,
they weigh less than a vapor.
- 10 Place no trust in oppression,
or false hope in robbery.
If wealth increases,
don't set your heart on it.
- 11 God has spoken once;
I have heard this twice:
strength belongs to God,
12 and faithful love belongs to you, LORD.
For you repay each according to his works.

Psalm 63

- 1 God, you are my God; I eagerly seek you.
I thirst for you;
my body faints for you
in a land that is dry, desolate, and without water.
- 2 So I gaze on you in the sanctuary
to see your strength and your glory.
- 3 My lips will glorify you
because your faithful love is better than life.
- 4 So I will bless you as long as I live;
at your name, I will lift up my hands.
- 5 You satisfy me as with rich food;
my mouth will praise you with joyful lips.
- 6 When I think of you as I lie on my bed,

- I meditate on you during the night watches
7 because you are my helper;
I will rejoice in the shadow of your wings.
8 I follow close to you;
your right hand holds on to me.
- 9 But those who intend to destroy my life
will go into the depths of the earth.
10 They will be given over to the power of the sword;
they will become a meal for jackals.
11 But the king will rejoice in God;
all who swear by him will boast,
for the mouths of liars will be shut.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O God, who by the glorious resurrection of your Son Jesus Christ destroyed death and brought life and immortality to light: Grant that we, who have been raised with him, may abide in his presence and rejoice in the hope of eternal glory; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be dominion and praise for ever and ever.

The Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Ephesians 3:20-21

DAY 12 MIDDAY PRAYER

Call to Prayer

The Lord is in his holy temple; let the whole earth be silent in his presence.

Habakkuk 2:20

Midday Psalms

Psalm 64

- ¹ God, hear my voice when I am in anguish.
Protect my life from the terror of the enemy.
- ² Hide me from the scheming of wicked people,
from the mob of evildoers,
- ³ who sharpen their tongues like swords
and aim bitter words like arrows,
- ⁴ shooting from concealed places at the blameless.
They shoot at him suddenly and are not afraid.
- ⁵ They adopt an evil plan;
they talk about hiding traps and say,
“Who will see them?”
- ⁶ They devise crimes and say,
“We have perfected a secret plan.”
The inner man and the heart are mysterious.

- ⁷ But God will shoot them with arrows;
suddenly, they will be wounded.
- ⁸ They will be made to stumble;
their own tongues work against them.
All who see them will shake their heads.
- ⁹ Then everyone will fear
and will tell about God’s work,
for they will understand what he has done.

- ¹⁰ The righteous one rejoices in the LORD
and takes refuge in him;
all those who are upright in heart
will offer praise.

Psalm 67

- ¹ May God be gracious to us and bless us;
may he make his face shine upon us *Selah*
- ² so that your way may be known on earth,
your salvation among all nations.

- 3 Let the peoples praise you, God;
let all the peoples praise you.
- 4 Let the nations rejoice and shout for joy,
for you judge the peoples with fairness
and lead the nations on earth. Selah
- 5 Let the peoples praise you, God,
let all the peoples praise you.
- 6 The earth has produced its harvest;
God, our God, blesses us.
- 7 God will bless us,
and all the ends of the earth will fear him.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May your faithful love rest on us, Lord, for we put our hope in you.

Psalm 33:22

DAY 12 EVENING PRAYER

Call to Prayer

For Christ did not enter a sanctuary made with hands (only a model of the true one) but into heaven itself, so that he might now appear in the presence of God for us.

Hebrews 9:24

Confession of sin

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

How joyful is the one whose transgression is forgiven, whose sin is covered!

Canticle

Alleluia. Christ our Passover has been sacrificed,
therefore let us observe the feast,
Not with old leaven, or with the leaven of malice and evil,
but with the unleavened bread of sincerity and truth. Alleluia.
Christ, having been raised from the dead, will not die again;
death no longer rules over him.
For the death that he died, he died to sin once for all time,
but the life he lives, he lives to God.
So, you too consider yourselves dead to sin
and alive to God in Christ Jesus. Alleluia.
Christ has been raised from the dead,
the firstfruits of those who have fallen asleep.
For since death came through a man,
the resurrection of the dead also comes through a man.
For as in Adam all die,
so also in Christ all will be made alive. Alleluia.

1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Evening Psalms

Psalm 65

- ¹ Praise is rightfully yours,
God, in Zion;
vows to you will be fulfilled.
- ² All humanity will come to you,
the one who hears prayer.
- ³ Iniquities overwhelm me;
only you can atone for our rebellions.
- ⁴ How happy is the one you choose
and bring near to live in your courts!
We will be satisfied with the goodness of your house,
the holiness of your temple.
- ⁵ You answer us in righteousness,
with awe-inspiring works,
God of our salvation,
the hope of all the ends of the earth

- and of the distant seas.
- ⁶ You establish the mountains by your power;
you are robed with strength.
- ⁷ You silence the roar of the seas,
the roar of their waves,
and the tumult of the nations.
- ⁸ Those who live far away are awed by your signs;
you make east and west shout for joy.
- ⁹ You visit the earth and water it abundantly,
enriching it greatly.
God's stream is filled with water,
for you prepare the earth in this way,
providing people with grain.
- ¹⁰ You soften it with showers and bless its growth,
soaking its furrows and leveling its ridges.
- ¹¹ You crown the year with your goodness;
your carts overflow with plenty.
- ¹² The wilderness pastures overflow,
and the hills are robed with joy.
- ¹³ The pastures are clothed with flocks
and the valleys covered with grain.
They shout in triumph; indeed, they sing.

Psalm 66

- ¹ Let the whole earth shout joyfully to God!
- ² Sing about the glory of his name;
make his praise glorious.
- ³ Say to God, "How awe-inspiring are your works!
Your enemies will cringe before you
because of your great strength.
- ⁴ The whole earth will worship you
and sing praise to you.
They will sing praise to your name." Selah
- ⁵ Come and see the wonders of God;
his acts for humanity are awe-inspiring.
- ⁶ He turned the sea into dry land,
and they crossed the river on foot.
There we rejoiced in him.
- ⁷ He rules forever by his might;
he keeps his eye on the nations.
The rebellious should not exalt themselves. Selah
- ⁸ Bless our God, you peoples;
let the sound of his praise be heard.

- ⁹ He keeps us alive
and does not allow our feet to slip.
- ¹⁰ For you, God, tested us;
you refined us as silver is refined.
- ¹¹ You lured us into a trap;
you placed burdens on our backs.
- ¹² You let men ride over our heads;
we went through fire and water,
but you brought us out to abundance.
- ¹³ I will enter your house with burnt offerings;
I will pay you my vows
¹⁴ that my lips promised
and my mouth spoke during my distress.
- ¹⁵ I will offer you fattened sheep as burnt offerings,
with the fragrant smoke of rams;
I will sacrifice bulls with goats. Selah
- ¹⁶ Come and listen, all who fear God,
and I will tell what he has done for me.
- ¹⁷ I cried out to him with my mouth,
and praise was on my tongue.
- ¹⁸ If I had been aware of malice in my heart,
the Lord would not have listened.
- ¹⁹ However, God has listened;
he has paid attention to the sound of my prayer.
- ²⁰ Blessed be God!
He has not turned away my prayer
or turned his faithful love from me.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors

And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O God of my exodus, Great was the joy of Israel's sons when Egypt died upon the shore, Far greater the joy when the Redeemer's foe lay crushed in the dust! Jesus strides forth as the victor, conqueror of death, hell, and all opposing might; He bursts the bands of death, tramples the powers of darkness down, and lives forever. He, my gracious surety, apprehended for payment of my debt, comes forth from the prison house of the grave free, and triumphant over sin, Satan, and death. Show me the proof that his vicarious offering is accepted, that the claims of justice are satisfied, that the devil's scepter is shivered, that his wrongful throne is leveled. Give me the assurance that in Christ I died, in him I rose, in his life I live, in his victory I triumph, in his ascension I shall be glorified.

The Valley of Vision

Blessing

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

DAY 13 MORNING PRAYER

Call to Prayer

The Spirit of the Lord renews the face of the earth: O come, let us adore him.

Confession of Faith

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

Nicene Creed

Canticle

Blessed is the Lord, the God of Israel,
because he has visited
and provided redemption for his people.
He has raised up a horn of salvation for us
in the house of his servant David,
just as he spoke by the mouth
of his holy prophets in ancient times;
salvation from our enemies
and from the hand of those who hate us.
He has dealt mercifully with our ancestors
and remembered his holy covenant—
the oath that he swore to our father Abraham,
to grant that we,
having been rescued
from the hand of our enemies,
would serve him without fear
in holiness and righteousness
in his presence all our days.
And you, child, will be called
a prophet of the Most High,
for you will go before the Lord
to prepare his ways,
to give his people knowledge of salvation
through the forgiveness of their sins.

Because of our God's merciful compassion,
the dawn from on high will visit us
to shine on those who live in darkness
and the shadow of death,
to guide our feet into the way of peace.

Luke 1:68-79

Morning Psalms

Psalm 68

- ¹ God arises. His enemies scatter,
and those who hate him flee from his presence.
- ² As smoke is blown away,
so you blow them away.
As wax melts before the fire,
so the wicked are destroyed before God.
- ³ But the righteous are glad;
they rejoice before God and celebrate with joy.

- ⁴ Sing to God! Sing praises to his name.
Exalt him who rides on the clouds —
his name is the LORD — and celebrate before him.
- ⁵ God in his holy dwelling is
a father of the fatherless
and a champion of widows.
- ⁶ God provides homes for those who are deserted.
He leads out the prisoners to prosperity,
but the rebellious live in a scorched land.

- ⁷ God, when you went out before your people,
when you marched through the desert, Selah
- ⁸ the earth trembled and the skies poured rain
before God, the God of Sinai,
before God, the God of Israel.
- ⁹ You, God, showered abundant rain;
you revived your inheritance when it languished.
- ¹⁰ Your people settled in it;
God, you provided for the poor by your goodness.

- ¹¹ The Lord gave the command;
a great company of women brought the good news:
- ¹² “The kings of the armies flee — they flee!”
She who stays at home divides the spoil.
- ¹³ While you lie among the sheep pens,

- the wings of a dove are covered with silver,
and its feathers with glistening gold.
- ¹⁴ When the Almighty scattered kings in the land,
it snowed on Zalmon.
- ¹⁵ Mount Bashan is God's towering mountain;
Mount Bashan is a mountain of many peaks.
- ¹⁶ Why gaze with envy, you mountain peaks,
at the mountain God desired for his abode?
The LORD will dwell there forever!
- ¹⁷ God's chariots are tens of thousands,
thousands and thousands;
the Lord is among them in the sanctuary
as he was at Sinai.
- ¹⁸ You ascended to the heights, taking away captives;
you received gifts from people,
even from the rebellious,
so that the LORD God might dwell there.
- ¹⁹ Blessed be the Lord!
Day after day he bears our burdens;
God is our salvation. Selah
- ²⁰ Our God is a God of salvation,
and escape from death belongs to the LORD my Lord.
- ²¹ Surely God crushes the heads of his enemies,
the hairy brow of one who goes on in his guilty acts.
- ²² The Lord said, "I will bring them back from Bashan;
I will bring them back from the depths of the sea
so that your foot may wade in blood
and your dogs' tongues may have their share
from the enemies."
- ²⁴ People have seen your procession, God,
the procession of my God,
my King, in the sanctuary.
- ²⁵ Singers lead the way,
with musicians following;
among them are young women
playing tambourines.
- ²⁶ Bless God in the assemblies;
bless the LORD from the fountain of Israel.
- ²⁷ There is Benjamin, the youngest, leading them,
the rulers of Judah in their assembly,
the rulers of Zebulun, the rulers of Naphtali.
- ²⁸ Your God has decreed your strength.

Show your strength, God,
you who have acted on our behalf.
²⁹ Because of your temple at Jerusalem,
kings will bring tribute to you.
³⁰ Rebuke the beast in the reeds,
the herd of bulls with the calves of the peoples.
Trample underfoot those with bars of silver.
Scatter the peoples who take pleasure in war.
³¹ Ambassadors will come from Egypt;
Cush will stretch out its hands to God.

³² Sing to God, you kingdoms of the earth;
sing praise to the Lord, Selah
³³ to him who rides in the ancient, highest heavens.
Look, he thunders with his powerful voice!
³⁴ Ascribe power to God.
His majesty is over Israel,
his power is among the clouds.
³⁵ God, you are awe-inspiring in your sanctuaries.
The God of Israel gives power and strength to his people.
Blessed be God!

Gloria

Glorify be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty and everlasting God, you are always more ready to hear than we to pray, and to give more than we either desire or deserve: Pour upon us the abundance of your mercy, forgiving us those things

of which our conscience is afraid, and giving us those good things for which we are not worthy to ask, except through the merits and mediation of Jesus Christ our Savior; who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

The Book of Common Prayer

Blessing

Now may the God of hope fill you with all joy and peace as you believe, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

DAY 13 MIDDAY PRAYER

Call to Prayer

An hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth. Yes, the Father wants such people to worship him.

John 4:23

Midday Psalms

Psalm 70

- ¹ God, hurry to rescue me.
LORD, hurry to help me!
- ² Let those who seek to kill me
be disgraced and confounded;
let those who wish me harm
be turned back and humiliated.
- ³ Let those who say, "Aha, aha!"
retreat because of their shame.
- ⁴ Let all who seek you rejoice and be glad in you;
let those who love your salvation
continually say, "God is great!"
- ⁵ I am oppressed and needy;
hurry to me, God.
You are my help and my deliverer;
LORD, do not delay.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the Lord give you what your heart desires and fulfill your whole purpose. May the Lord fulfill all your requests.

Psalm 20:4, 5

DAY 13 EVENING PRAYER

Call to Prayer

There is a river — its streams delight the city of God, the holy dwelling place of the Most High.

Psalm 46:4

Confession of sin

Lord Jesus, give me a deeper repentance, a horror of sin, a dread of its approach. Help me to flee it and jealously to resolve that my heart shall be yours alone. Give me a deeper trust, that I may lose myself to find myself in you, the ground of my rest, the spring of my being. Give me a deeper knowledge of you as Savior, Master, Lord, and King. Give me deeper power in private prayer, more sweetness in your Word, more steadfast grip on its truth. Give me deeper holiness in speech, thought, action, and let me not seek moral virtue apart from you.

The Valley of Vision

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
because he has looked with favor
on the humble condition of his servant.

Surely, from now on all generations
will call me blessed,
because the Mighty One
has done great things for me,
and his name is holy.
His mercy is from generation to generation
on those who fear him.
He has done a mighty deed with his arm;
he has scattered the proud
because of the thoughts of their hearts;
he has toppled the mighty from their thrones
and exalted the lowly.
He has satisfied the hungry with good things
and sent the rich away empty.
He has helped his servant Israel,
remembering his mercy
to Abraham and his descendants forever,
just as he spoke to our ancestors.

Luke 1:46-55

Evening Psalms

Psalm 69

- ¹ Save me, God,
for the water has risen to my neck.
- ² I have sunk in deep mud, and there is no footing;
I have come into deep water,
and a flood sweeps over me.
- ³ I am weary from my crying;
my throat is parched.
My eyes fail, looking for my God.
- ⁴ Those who hate me without cause
are more numerous than the hairs of my head;
my deceitful enemies, who would destroy me,
are powerful.
Though I did not steal, I must repay.
- ⁵ God, you know my foolishness,
and my guilty acts are not hidden from you.
- ⁶ Do not let those who put their hope in you
be disgraced because of me,
Lord GOD of Armies;
do not let those who seek you

- be humiliated because of me,
God of Israel.
- 7 For I have endured insults because of you,
and shame has covered my face.
- 8 I have become a stranger to my brothers
and a foreigner to my mother's sons
- 9 because zeal for your house has consumed me,
and the insults of those who insult you
have fallen on me.
- 10 I mourned and fasted,
but it brought me insults.
- 11 I wore sackcloth as my clothing,
and I was a joke to them.
- 12 Those who sit at the city gate talk about me,
and drunkards make up songs about me.
- 13 But as for me, LORD,
my prayer to you is for a time of favor.
In your abundant, faithful love, God,
answer me with your sure salvation.
- 14 Rescue me from the miry mud; don't let me sink.
Let me be rescued from those who hate me
and from the deep water.
- 15 Don't let the floodwaters sweep over me
or the deep swallow me up;
don't let the Pit close its mouth over me.
- 16 Answer me, LORD,
for your faithful love is good.
In keeping with your abundant compassion,
turn to me.
- 17 Don't hide your face from your servant,
for I am in distress.
Answer me quickly!
- 18 Come near to me and redeem me;
ransom me because of my enemies.
- 19 You know the insults I endure —
my shame and disgrace.
You are aware of all my adversaries.
- 20 Insults have broken my heart,
and I am in despair.
I waited for sympathy,
but there was none;
for comforters, but found no one.
- 21 Instead, they gave me gall for my food,

and for my thirst
they gave me vinegar to drink.

- ²² Let their table set before them be a snare,
and let it be a trap for their allies.
- ²³ Let their eyes grow too dim to see,
and let their hips continually quake.
- ²⁴ Pour out your rage on them,
and let your burning anger overtake them.
- ²⁵ Make their fortification desolate;
may no one live in their tents.
- ²⁶ For they persecute the one you struck
and talk about the pain of those you wounded.
- ²⁷ Charge them with crime on top of crime;
do not let them share in your righteousness.
- ²⁸ Let them be erased from the book of life
and not be recorded with the righteous.
- ²⁹ But as for me — poor and in pain —
let your salvation protect me, God.
- ³⁰ I will praise God's name with song
and exalt him with thanksgiving.
- ³¹ That will please the LORD more than an ox,
more than a bull with horns and hooves.
- ³² The humble will see it and rejoice.
You who seek God, take heart!
- ³³ For the LORD listens to the needy
and does not despise
his own who are prisoners.
- ³⁴ Let heaven and earth praise him,
the seas and everything that moves in them,
- ³⁵ for God will save Zion
and build up the cities of Judah.
They will live there and possess it.
- ³⁶ The descendants of his servants will inherit it,
and those who love his name will live in it.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,

Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord Jesus Christ,
fill me with your Spirit,
that I may be full of his presence.
I am blind – send him to make me see;
dark – let him say, “Let there be light!”
May his comforts cheer me in my sorrows,
his strength sustain me in my trials,
his blessings revive me in my weariness,
his presence render me a fruitful tree of holiness,
his might establish me in peace and joy,
his incitements make me ceaseless in prayer,
his animation kindle in me undying devotion.

Valley of Vision

Blessing

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

DAY 14 MORNING PRAYER

Call to Prayer

Holy, holy, holy, Lord God, the Almighty, who was, who is, and who is to come.

Revelation 4:8

Confession of Faith

I believe there is one God, infinitely great and good, the creator and sustainer of all things visible and invisible, the one true source of light and life, who has life in himself and lives eternally in glorious light and sovereign love in three persons – Father, Son, and Holy Spirit – co-equal in nature, majesty, and glory. Everything God does in creating, sustaining, judging, and redeeming the world reflects who God is, the one whose perfections, including love, holiness, knowledge, wisdom, power, and righteousness, have been revealed in the history of salvation. God has freely purposed from before the foundation of the world to elect and form a people for himself to be his treasured possession, to the praise of his glory.

Adapted from the Reforming Catholic Confession

Canticle

Our Lord and God,
you are worthy to receive
glory and honor and power,
because you have created all things,
and by your will
they exist and were created.
You are worthy to take the scroll
and to open its seals,
because you were slaughtered,
and you purchased people
for God by your blood
from every tribe and language
and people and nation.
You made them a kingdom
and priests to our God,
and they will reign on the earth.
Blessing and honor and glory and power
be to the one seated on the throne,
and to the Lamb, forever and ever!
Amen.

Revelation 4:11; 5:9-10, 13, 14

Morning Psalms

Psalm 71

- ¹ LORD, I seek refuge in you;
let me never be disgraced.
- ² In your justice, rescue and deliver me;
listen closely to me and save me.
- ³ Be a rock of refuge for me,
where I can always go.
Give the command to save me,
for you are my rock and fortress.
- ⁴ Deliver me, my God, from the power of the wicked,
from the grasp of the unjust and oppressive.
- ⁵ For you are my hope, Lord GOD,
my confidence from my youth.
- ⁶ I have leaned on you from birth;
you took me from my mother's womb.
My praise is always about you.
- ⁷ I am like a miraculous sign to many,
and you are my strong refuge.
- ⁸ My mouth is full of praise
and honor to you all day long.
- ⁹ Don't discard me in my old age.
As my strength fails, do not abandon me.
- ¹⁰ For my enemies talk about me,
and those who spy on me plot together,
¹¹ saying, "God has abandoned him;
chase him and catch him,
for there is no one to rescue him."
- ¹² God, do not be far from me;
my God, hurry to help me.
- ¹³ May my adversaries be disgraced and destroyed;
may those who intend to harm me
be covered with disgrace and humiliation.
- ¹⁴ But I will hope continually
and will praise you more and more.
- ¹⁵ My mouth will tell about your righteousness
and your salvation all day long,
though I cannot sum them up.
- ¹⁶ I come because of the mighty acts of the Lord GOD;
I will proclaim your righteousness, yours alone.
- ¹⁷ God, you have taught me from my youth,
and I still proclaim your wondrous works.

- ¹⁸ Even while I am old and gray,
God, do not abandon me,
while I proclaim your power
to another generation,
your strength to all who are to come.
- ¹⁹ Your righteousness reaches the heights, God,
you who have done great things;
God, who is like you?
- ²⁰ You caused me to experience
many troubles and misfortunes,
but you will revive me again.
You will bring me up again,
even from the depths of the earth.
- ²¹ You will increase my honor
and comfort me once again.
- ²² Therefore, I will praise you with a harp
for your faithfulness, my God;
I will sing to you with a lyre,
Holy One of Israel.
- ²³ My lips will shout for joy
when I sing praise to you
because you have redeemed me.
- ²⁴ Therefore, my tongue will proclaim
your righteousness all day long,
for those who intend to harm me
will be disgraced and confounded.

Gloria

Glorify be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Heavenly Father, I worship you as the creator and sustainer of the universe.

Lord Jesus, I worship you, Savior and Lord of the world.

Holy Spirit, I worship you, sanctifier of the people of God.

Glory to the Father, and to the Son and to the Holy Spirit.

Heavenly Father, I pray that I may live this day in your presence and please you more and more.

Lord Jesus, I pray that this day I may take up my cross and follow you.

Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Holy, blessed and glorious Trinity, three persons in one God, have mercy upon me. Amen.

John Stott

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 14 MIDDAY PRAYER

Call to Prayer

Send your light and your truth; let them lead me. Let them bring me to your holy mountain, to your dwelling place.

Psalms 43:3

Midday Psalms

Psalm 72

- ¹ God, give your justice to the king
and your righteousness to the king's son.
- ² He will judge your people with righteousness
and your afflicted ones with justice.
- ³ May the mountains bring well-being to the people
and the hills, righteousness.
- ⁴ May he vindicate the afflicted among the people,
help the poor,
and crush the oppressor.

- ⁵ May they fear you while the sun endures
and as long as the moon, throughout all generations.

- ⁶ May the king be like rain that falls on the cut grass,
like spring showers that water the earth.
- ⁷ May the righteous flourish in his days
and well-being abound
until the moon is no more.
- ⁸ May he rule from sea to sea
and from the Euphrates
to the ends of the earth.
- ⁹ May desert tribes kneel before him
and his enemies lick the dust.
- ¹⁰ May the kings of Tarshish
and the coasts and islands bring tribute,
the kings of Sheba and Seba offer gifts.
- ¹¹ Let all kings bow in homage to him,
all nations serve him.
- ¹² For he will rescue the poor who cry out
and the afflicted who have no helper.
- ¹³ He will have pity on the poor and helpless
and save the lives of the poor.
- ¹⁴ He will redeem them from oppression and violence,
for their lives are precious in his sight.
- ¹⁵ May he live long!
May gold from Sheba be given to him.
May prayer be offered for him continually,
and may he be blessed all day long.
- ¹⁶ May there be plenty of grain in the land;
may it wave on the tops of the mountains.
May its crops be like Lebanon.
May people flourish in the cities
like the grass of the field.
- ¹⁷ May his name endure forever;
as long as the sun shines,
may his fame increase.
May all nations be blessed by him
and call him blessed.
- ¹⁸ Blessed be the LORD God, the God of Israel,
who alone does wonders.
- ¹⁹ Blessed be his glorious name forever;
the whole earth is filled with his glory.
Amen and amen.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 14 EVENING PRAYER

Call to Prayer

I will bless the Lord who counsels me — even at night when my thoughts trouble me. I always let the Lord guide me. Because he is at my right hand, I will not be shaken.

Psalm 16:7-8

Confession of sin

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

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

O gladsome light,
pure brightness of the everlasting 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.

Phos Hilaron

Evening Psalms

Psalm 73

- ¹ God is indeed good to Israel,
to the pure in heart.
- ² But as for me, my feet almost slipped;
my steps nearly went astray.
- ³ For I envied the arrogant;
I saw the prosperity of the wicked.

- ⁴ They have an easy time until they die,
and their bodies are well fed.
- ⁵ They are not in trouble like others;
they are not afflicted like most people.
- ⁶ Therefore, pride is their necklace,
and violence covers them like a garment.
- ⁷ Their eyes bulge out from fatness;
the imaginations of their hearts run wild.
- ⁸ They mock, and they speak maliciously;
they arrogantly threaten oppression.
- ⁹ They set their mouths against heaven,
and their tongues strut across the earth.
- ¹⁰ Therefore his people turn to them
and drink in their overflowing words.
- ¹¹ The wicked say, "How can God know?
Does the Most High know everything?"
- ¹² Look at them — the wicked!
They are always at ease,
and they increase their wealth.

- ¹³ Did I purify my heart
and wash my hands in innocence for nothing?
- ¹⁴ For I am afflicted all day long
and punished every morning.
- ¹⁵ If I had decided to say these things aloud,
I would have betrayed your people.

¹⁶ When I tried to understand all this,
it seemed hopeless
¹⁷ until I entered God's sanctuary.
Then I understood their destiny.
¹⁸ Indeed, you put them in slippery places;
you make them fall into ruin.
¹⁹ How suddenly they become a desolation!
They come to an end, swept away by terrors.
²⁰ Like one waking from a dream,
Lord, when arising, you will despise their image.

²¹ When I became embittered
and my innermost being was wounded,
²² I was stupid and didn't understand;
I was an unthinking animal toward you.
²³ Yet I am always with you;
you hold my right hand.
²⁴ You guide me with your counsel,
and afterward you will take me up in glory.
²⁵ Who do I have in heaven but you?
And I desire nothing on earth but you.
²⁶ My flesh and my heart may fail,
but God is the strength of my heart,
my portion forever.
²⁷ Those far from you will certainly perish;
you destroy all who are unfaithful to you.
²⁸ But as for me, God's presence is my good.
I have made the Lord GOD my refuge,
so I can tell about all you do.

Psalm 74

¹ Why have you rejected us forever, God?
Why does your anger burn
against the sheep of your pasture?
² Remember your congregation,
which you purchased long ago
and redeemed as the tribe for your own possession.
Remember Mount Zion where you dwell.
³ Make your way to the perpetual ruins,
to all that the enemy has destroyed in the sanctuary.
⁴ Your adversaries roared in the meeting place
where you met with us.
They set up their emblems as signs.
⁵ It was like men in a thicket of trees,
wielding axes,

6 then smashing all the carvings
with hatchets and picks.
7 They set your sanctuary on fire;
they utterly desecrated
the dwelling place of your name.
8 They said in their hearts,
“Let us oppress them relentlessly.”
They burned every place throughout the land
where God met with us.
9 There are no signs for us to see.
There is no longer a prophet.
And none of us knows how long this will last.
10 God, how long will the enemy mock?
Will the foe insult your name forever?
11 Why do you hold back your hand?
Stretch out your right hand and destroy them!

12 God my King is from ancient times,
performing saving acts on the earth.
13 You divided the sea with your strength;
you smashed the heads of the sea monsters in the water;
14 you crushed the heads of Leviathan;
you fed him to the creatures of the desert.
15 You opened up springs and streams;
you dried up ever-flowing rivers.
16 The day is yours, also the night;
you established the moon and the sun.
17 You set all the boundaries of the earth;
you made summer and winter.

18 Remember this: the enemy has mocked the LORD,
and a foolish people has insulted your name.
19 Do not give to beasts the life of your dove;
do not forget the lives of your poor people forever.
20 Consider the covenant,
for the dark places of the land are full of violence.
21 Do not let the oppressed turn away in shame;
let the poor and needy praise your name.
22 Rise up, God, champion your cause!
Remember the insults
that fools bring against you all day long.
23 Do not forget the clamor of your adversaries,
the tumult of your opponents that goes up constantly.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Father, keep us from vain strife of words. Grant to us constant profession of the truth! Preserve us in a true and undefiled faith so that we may hold fast to what we professed when we were baptized in the name of the Father, Son and Holy Spirit, that we may have you for our Father, that we may abide in your Son and in the fellowship of the Holy Spirit. Through Jesus Christ, Our Lord.

Hilary of Poitiers

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 15 MORNING PRAYER

Call to Prayer

Our king and Savior now draws near: O come, let us adore him.

Confession of Faith

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

The Apostle's Creed

Canticle

Great and awe-inspiring are your works,
Lord God, the Almighty;
just and true are your ways,
King of the nations.
Lord, who will not fear
and glorify your name?
For you alone are holy.
All the nations will come
and worship before you
because your righteous acts
have been revealed.

Revelation 15:3-4

Morning Psalms

Psalm 75

- ¹ We give thanks to you, God;
we give thanks to you, for your name is near.
People tell about your wondrous works.
- ² “When I choose a time,
I will judge fairly.
- ³ When the earth and all its inhabitants shake,
I am the one who steadies its pillars. Selah
- ⁴ I say to the boastful, ‘Do not boast,’
and to the wicked, ‘Do not lift up your horn.
- ⁵ Do not lift up your horn against heaven
or speak arrogantly.’”
- ⁶ Exaltation does not come
from the east, the west, or the desert,
- ⁷ for God is the Judge:
He brings down one and exalts another.
- ⁸ For there is a cup in the LORD’s hand,
full of wine blended with spices, and he pours from it.
All the wicked of the earth will drink,
draining it to the dregs.
- ⁹ As for me, I will tell about him forever;
I will sing praise to the God of Jacob.
- ¹⁰ “I will cut off all the horns of the wicked,
but the horns of the righteous will be lifted up.”

Psalm 76

- ¹ God is known in Judah;
his name is great in Israel.
- ² His tent is in Salem,
his dwelling place in Zion.
- ³ There he shatters the bow’s flaming arrows,
the shield, the sword, and the weapons of war. Selah
- ⁴ You are resplendent and majestic
coming down from the mountains of prey.
- ⁵ The brave-hearted have been plundered;
they have slipped into their final sleep.
None of the warriors was able to lift a hand.
- ⁶ At your rebuke, God of Jacob,

both chariot and horse lay still.

- 7 And you — you are to be feared.
When you are angry,
who can stand before you?
- 8 From heaven you pronounced judgment.
The earth feared and grew quiet
- 9 when God rose up to judge
and to save all the lowly of the earth. Selah
- 10 Even human wrath will praise you;
you will clothe yourself
with the wrath that remains.
- 11 Make and keep your vows
to the LORD your God;
let all who are around him bring tribute
to the awe-inspiring one.
- 12 He humbles the spirit of leaders;
he is feared by the kings of the earth.

Psalm 77

- 1 I cry aloud to God,
aloud to God, and he will hear me.
- 2 I sought the Lord in my day of trouble.
My hands were continually lifted up
all night long;
I refused to be comforted.
- 3 I think of God; I groan;
I meditate; my spirit becomes weak. Selah
- 4 You have kept me from closing my eyes;
I am troubled and cannot speak.
- 5 I consider days of old,
years long past.
- 6 At night I remember my music;
I meditate in my heart, and my spirit ponders.
- 7 “Will the Lord reject forever
and never again show favor?
- 8 Has his faithful love ceased forever?
Is his promise at an end for all generations?
- 9 Has God forgotten to be gracious?
Has he in anger withheld his compassion?” Selah
- 10 So I say, “I am grieved

- that the right hand of the Most High has changed.”
- ¹¹ I will remember the LORD's works;
yes, I will remember your ancient wonders.
- ¹² I will reflect on all you have done
and meditate on your actions.
- ¹³ God, your way is holy.
What god is great like God?
- ¹⁴ You are the God who works wonders;
you revealed your strength among the peoples.
- ¹⁵ With power you redeemed your people,
the descendants of Jacob and Joseph. Selah
- ¹⁶ The water saw you, God.
The water saw you; it trembled.
Even the depths shook.
- ¹⁷ The clouds poured down water.
The storm clouds thundered;
your arrows flashed back and forth.
- ¹⁸ The sound of your thunder was in the whirlwind;
lightning lit up the world.
The earth shook and quaked.
- ¹⁹ Your way went through the sea
and your path through the vast water,
but your footprints were unseen.
- ²⁰ You led your people like a flock
by the hand of Moses and Aaron.

Gloria

Glorify be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Merciful God, who sent your messengers the prophets to preach repentance and prepare the way for our salvation: Give us grace to heed their warnings and forsake our sins, that we may greet with joy the coming of Jesus Christ our Redeemer; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

The Book of Common Prayer

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 15 MIDDAY PRAYER

Call to Prayer

Grace to you and peace from God our Father and the Lord Jesus Christ.

Philippians 1:2

Midday Psalms

Psalm 78:1-31

- ¹ My people, hear my instruction;
listen to the words from my mouth.
- ² I will declare wise sayings;
I will speak mysteries from the past —
- ³ things we have heard and known
and that our fathers have passed down to us.
- ⁴ We will not hide them from their children,
but will tell a future generation
the praiseworthy acts of the LORD,
his might, and the wondrous works
he has performed.
- ⁵ He established a testimony in Jacob
and set up a law in Israel,
which he commanded our fathers
to teach to their children
- ⁶ so that a future generation —
children yet to be born — might know.
They were to rise and tell their children
- ⁷ so that they might put their confidence in God

and not forget God's works,
but keep his commands.

⁸ Then they would not be like their fathers,
a stubborn and rebellious generation,
a generation whose heart was not loyal
and whose spirit was not faithful to God.

⁹ The Ephraimite archers turned back
on the day of battle.

¹⁰ They did not keep God's covenant
and refused to live by his law.

¹¹ They forgot what he had done,
the wondrous works he had shown them.

¹² He worked wonders in the sight of their fathers
in the land of Egypt, the territory of Zoan.

¹³ He split the sea and brought them across;
the water stood firm like a wall.

¹⁴ He led them with a cloud by day
and with a fiery light throughout the night.

¹⁵ He split rocks in the wilderness
and gave them drink as abundant as the depths.

¹⁶ He brought streams out of the stone
and made water flow down like rivers.

¹⁷ But they continued to sin against him,
rebellious in the desert against the Most High.

¹⁸ They deliberately tested God,
demanding the food they craved.

¹⁹ They spoke against God, saying,
"Is God able to provide food in the wilderness?"

²⁰ Look! He struck the rock and water gushed out;
torrents overflowed.
But can he also provide bread
or furnish meat for his people?"

²¹ Therefore, the LORD heard and became furious;
then fire broke out against Jacob,
and anger flared up against Israel

²² because they did not believe God
or rely on his salvation.

²³ He gave a command to the clouds above
and opened the doors of heaven.

²⁴ He rained manna for them to eat;
he gave them grain from heaven.

²⁵ People ate the bread of angels.
He sent them an abundant supply of food.

- ²⁶ He made the east wind blow in the skies
and drove the south wind by his might.
- ²⁷ He rained meat on them like dust,
and winged birds like the sand of the seas.
- ²⁸ He made them fall in the camp,
all around the tents.
- ²⁹ The people ate and were completely satisfied,
for he gave them what they craved.
- ³⁰ Before they had turned from what they craved,
while the food was still in their mouths,
- ³¹ God's anger flared up against them,
and he killed some of their best men.
He struck down Israel's fit young men.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the LORD bless you and protect you;
may the LORD make his face shine on you and be gracious to you;
may the LORD look with favor on you and give you peace.

Numbers 6:24-26

DAY 15 EVENING PRAYER

Call to Prayer

Therefore be alert, since you don't know when the master of the house is coming—whether in the evening or at midnight or at the crowing of the rooster or early in the morning. Otherwise, when he comes suddenly he might find you sleeping.

Mark 13:35-36

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 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 Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

Now, Lord,
you can dismiss your servant in peace,
as you promised.
For my eyes have seen your salvation.
You have prepared it
in the presence of all peoples—
a light for revelation to the Gentiles
and glory to your people Israel.

Luke 2:29-32

Evening Psalms

Psalm 78:32-72

³² Despite all this, they kept sinning
and did not believe his wondrous works.

³³ He made their days end in futility,
their years in sudden disaster.

³⁴ When he killed some of them,
the rest began to seek him;
they repented and searched for God.

³⁵ They remembered that God was their rock,
the Most High God, their Redeemer.

³⁶ But they deceived him with their mouths,
they lied to him with their tongues,
³⁷ their hearts were insincere toward him,
and they were unfaithful to his covenant.

³⁸ Yet he was compassionate;
he atoned for their iniquity
and did not destroy them.
He often turned his anger aside
and did not unleash all his wrath.

³⁹ He remembered that they were only flesh,
a wind that passes and does not return.

⁴⁰ How often they rebelled against him
in the wilderness
and grieved him in the desert.

⁴¹ They constantly tested God
and provoked the Holy One of Israel.

⁴² They did not remember his power shown
on the day he redeemed them from the foe,
⁴³ when he performed his miraculous signs in Egypt
and his wonders in the territory of Zoan.

⁴⁴ He turned their rivers into blood,
and they could not drink from their streams.

⁴⁵ He sent among them swarms of flies,
which fed on them,
and frogs, which devastated them.

⁴⁶ He gave their crops to the caterpillar
and the fruit of their labor to the locust.

⁴⁷ He killed their vines with hail
and their sycamore fig trees with a flood.

⁴⁸ He handed over their livestock to hail
and their cattle to lightning bolts.

⁴⁹ He sent his burning anger against them:
fury, indignation, and calamity —
a band of deadly messengers.

⁵⁰ He cleared a path for his anger.
He did not spare them from death
but delivered their lives to the plague.

⁵¹ He struck all the firstborn in Egypt,
the first progeny of the tents of Ham.
⁵² He led his people out like sheep
and guided them like a flock in the wilderness.
⁵³ He led them safely, and they were not afraid;
but the sea covered their enemies.
⁵⁴ He brought them to his holy territory,
to the mountain his right hand acquired.
⁵⁵ He drove out nations before them.
He apportioned their inheritance by lot
and settled the tribes of Israel in their tents.

⁵⁶ But they rebelliously tested the Most High God,
for they did not keep his decrees.
⁵⁷ They treacherously turned away like their fathers;
they became warped like a faulty bow.
⁵⁸ They enraged him with their high places
and provoked his jealousy with their carved images.
⁵⁹ God heard and became furious;
he completely rejected Israel.
⁶⁰ He abandoned the tabernacle at Shiloh,
the tent where he resided among mankind.
⁶¹ He gave up his strength to captivity
and his splendor to the hand of a foe.
⁶² He surrendered his people to the sword
because he was enraged with his heritage.
⁶³ Fire consumed his chosen young men,
and his young women had no wedding songs.
⁶⁴ His priests fell by the sword,
and the widows could not lament.

⁶⁵ The Lord awoke as if from sleep,
like a warrior from the effects of wine.
⁶⁶ He beat back his foes;
he gave them lasting disgrace.
⁶⁷ He rejected the tent of Joseph
and did not choose the tribe of Ephraim.
⁶⁸ He chose instead the tribe of Judah,
Mount Zion, which he loved.
⁶⁹ He built his sanctuary like the heights,
like the earth that he established forever.
⁷⁰ He chose David his servant
and took him from the sheep pens;
⁷¹ he brought him from tending ewes
to be shepherd over his people Jacob —

over Israel, his inheritance.

⁷² He shepherded them with a pure heart
and guided them with his skillful hands.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O Lord of my life, take away from me the spirit of laziness, faint-heartedness, lust for power and idle talk. Instead grant me, your servant, the spirit of purity, humility, patience and love. Yes, O Lord and King! Grant me to see my own sins and faults and not to judge my neighbor, for you are truly blessed forever.

Ephrem of Syria

Blessing

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

DAY 16 MORNING PRAYER

Call to Prayer

Don't be afraid, for look, I proclaim to you good news of great joy that will be for all the people: Today in the city of David a Savior was born for you, who is the Messiah, the Lord.

Luke 2:10-11

Confession of Faith

I believe in Jesus Christ, who, existing in the form of God,
did not consider equality with God
as something to be exploited.
Instead he emptied himself
by assuming the form of a servant,
taking on the likeness of humanity.
And when he had come as a man,
he humbled himself by becoming obedient
to the point of death—
even to death on a cross.
For this reason God highly exalted him
and gave him the name
that is above every name,
so that at the name of Jesus
every knee will bow—
in heaven and on earth
and under the earth—
and every tongue will confess
that Jesus Christ is Lord,
to the glory of God the Father.

Philippians 2:6-11

Canticle

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;

you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of the Father. Amen.

Morning Psalms

Psalm 79

- ¹ God, the nations have invaded your inheritance,
desecrated your holy temple,
and turned Jerusalem into ruins.
- ² They gave the corpses of your servants
to the birds of the sky for food,
the flesh of your faithful ones
to the beasts of the earth.
- ³ They poured out their blood
like water all around Jerusalem,
and there was no one to bury them.
- ⁴ We have become an object of reproach
to our neighbors,
a source of mockery and ridicule
to those around us.

- ⁵ How long, LORD? Will you be angry forever?
Will your jealousy keep burning like fire?
- ⁶ Pour out your wrath on the nations
that don't acknowledge you,
on the kingdoms that don't call on your name,
- ⁷ for they have devoured Jacob
and devastated his homeland.
- ⁸ Do not hold past iniquities against us;
let your compassion come to us quickly,
for we have become very weak.

- ⁹ God of our salvation, help us —
for the glory of your name.
Rescue us and atone for our sins,
for your name's sake.
- ¹⁰ Why should the nations ask,
"Where is their God?"

- Before our eyes,
let vengeance for the shed blood of your servants
be known among the nations.
- ¹¹ Let the groans of the prisoners reach you;
according to your great power,
preserve those condemned to die.
- ¹² Pay back sevenfold to our neighbors
the reproach they have hurled at you, Lord.
- ¹³ Then we, your people, the sheep of your pasture,
will thank you forever;
we will declare your praise
to generation after generation.

Psalm 80

- ¹ Listen, Shepherd of Israel,
who leads Joseph like a flock;
you who sit enthroned between the cherubim,
shine ² on Ephraim,
Benjamin, and Manasseh.
Rally your power and come to save us.
- ³ Restore us, God;
make your face shine on us,
so that we may be saved.
- ⁴ LORD God of Armies,
how long will you be angry
with your people's prayers?
- ⁵ You fed them the bread of tears
and gave them a full measure
of tears to drink.
- ⁶ You put us at odds with our neighbors;
our enemies mock us.
- ⁷ Restore us, God of Armies;
make your face shine on us, so that we may be saved.
- ⁸ You dug up a vine from Egypt;
you drove out the nations and planted it.
- ⁹ You cleared a place for it;
it took root and filled the land.
- ¹⁰ The mountains were covered by its shade,
and the mighty cedars with its branches.
- ¹¹ It sent out sprouts toward the Sea
and shoots toward the River.

- ¹² Why have you broken down its walls
so that all who pass by pick its fruit?
¹³ Boars from the forest tear at it
and creatures of the field feed on it.
¹⁴ Return, God of Armies.
Look down from heaven and see;
take care of this vine,
¹⁵ the root your right hand planted,
the son that you made strong for yourself.
¹⁶ It was cut down and burned;
they perish at the rebuke of your countenance.
¹⁷ Let your hand be with the man at your right hand,
with the son of man
you have made strong for yourself.
¹⁸ Then we will not turn away from you;
revive us, and we will call on your name.
¹⁹ Restore us, LORD, God of Armies;
make your face shine on us, so that we may be saved.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord God, almighty and everlasting Father, you have brought me in safety to this new day:
Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever.

Amen.

Ephesians 3:20-21

DAY 16 MIDDAY PRAYER

Call to Prayer

Lord, open my lips, and my mouth will declare your praise.

Psalms 51:15

Midday Psalms

Psalm 81

- ¹ Sing for joy to God our strength;
shout in triumph to the God of Jacob.
- ² Lift up a song— play the tambourine,
the melodious lyre, and the harp.
- ³ Blow the horn on the day of our feasts
during the new moon
and during the full moon.
- ⁴ For this is a statute for Israel,
an ordinance of the God of Jacob.
- ⁵ He set it up as a decree for Joseph
when he went throughout the land of Egypt.

I heard an unfamiliar language:

- ⁶ “I relieved his shoulder from the burden;
his hands were freed from carrying the basket.
- ⁷ You called out in distress, and I rescued you;
I answered you from the thundercloud.
I tested you at the Waters of Meribah. Selah
- ⁸ Listen, my people, and I will admonish you.
Israel, if you would only listen to me!
- ⁹ There must not be a strange god among you;
you must not bow down to a foreign god.
- ¹⁰ I am the LORD your God,
who brought you up from the land of Egypt.
Open your mouth wide, and I will fill it.
- ¹¹ “But my people did not listen to my voice;

- Israel did not obey me.
12 So I gave them over to their stubborn hearts
to follow their own plans.
13 If only my people would listen to me
and Israel would follow my ways,
14 I would quickly subdue their enemies
and turn my hand against their foes.”
15 Those who hate the LORD
would cower to him;
their doom would last forever.
16 But he would feed Israel with the best wheat.
“I would satisfy you with honey from the rock.”

Psalm 85

- 1 LORD, you showed favor to your land;
you restored the fortunes of Jacob.
2 You forgave your people’s guilt;
you covered all their sin. Selah
3 You withdrew all your fury;
you turned from your burning anger.

4 Return to us, God of our salvation,
and abandon your displeasure with us.
5 Will you be angry with us forever?
Will you prolong your anger for all generations?
6 Will you not revive us again
so that your people may rejoice in you?
7 Show us your faithful love, LORD,
and give us your salvation.

8 I will listen to what God will say;
surely the LORD will declare peace
to his people, his faithful ones,
and not let them go back to foolish ways.
9 His salvation is very near those who fear him,
so that glory may dwell in our land.

10 Faithful love and truth will join together;
righteousness and peace will embrace.
11 Truth will spring up from the earth,
and righteousness will look down from heaven.
12 Also, the LORD will provide what is good,
and our land will yield its crops.
13 Righteousness will go before him
to prepare the way for his steps.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 16 EVENING PRAYER

Call to Prayer

God's dwelling is with humanity, and he will live with them. They will be his people, and God himself will be with them and will be their God.

Revelation 21:3

Confession of sin

O Lord, the house of my soul is narrow; enlarge it that you may enter in. It is ruined, O repair it! It displeases your sight; I confess it, I know. But who shall cleanse it, or to whom shall I cry but unto you? Cleanse me from my secret faults, O Lord, and spare your servant from sin.

Augustine

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

You are God: we praise you;
You are the Lord; we acclaim you;

You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you;
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not shun the Virgin's womb.
You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come and be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

Te Deum

Evening Psalms

Psalm 82

- ¹ God stands in the divine assembly;
he pronounces judgment among the gods:
- ² "How long will you judge unjustly
and show partiality to the wicked? Selah
- ³ Provide justice for the needy and the fatherless;
uphold the rights of the oppressed and the destitute.
- ⁴ Rescue the poor and needy;
save them from the power of the wicked."

- ⁵ They do not know or understand;
they wander in darkness.
All the foundations of the earth are shaken.

- 6 I said, "You are gods;
you are all sons of the Most High.
7 However, you will die like humans
and fall like any other ruler."
8 Rise up, God, judge the earth,
for all the nations belong to you.

Psalm 83

- 1 God, do not keep silent.
Do not be deaf, God; do not be quiet.
2 See how your enemies make an uproar;
those who hate you have acted arrogantly.
3 They devise clever schemes against your people;
they conspire against your treasured ones.
4 They say, "Come, let us wipe them out as a nation
so that Israel's name will no longer be remembered."
5 For they have conspired with one mind;
they form an alliance against you —
6 the tents of Edom and the Ishmaelites,
Moab and the Hagrites,
7 Gebal, Ammon, and Amalek,
Philistia with the inhabitants of Tyre.
8 Even Assyria has joined them;
they lend support to the sons of Lot. Selah
9 Deal with them as you did with Midian,
as you did with Sisera
and Jabin at the Kishon River.
10 They were destroyed at En-dor;
they became manure for the ground.
11 Make their nobles like Oreb and Zeeb,
and all their tribal leaders like Zebah and Zalmunna,
12 who said, "Let us seize God's pastures for ourselves."
13 Make them like tumbleweed, my God,
like straw before the wind.
14 As fire burns a forest,
as a flame blazes through mountains,
15 so pursue them with your tempest
and terrify them with your storm.
16 Cover their faces with shame
so that they will seek your name, LORD.
17 Let them be put to shame and terrified forever;
let them perish in disgrace.

¹⁸ May they know that you alone —
whose name is the LORD —
are the Most High over the whole earth.

Psalm 84

¹ How lovely is your dwelling place,
LORD of Armies.

² I long and yearn
for the courts of the LORD;
my heart and flesh cry out for the living God.

³ Even a sparrow finds a home,
and a swallow, a nest for herself
where she places her young —
near your altars, LORD of Armies,
my King and my God.

⁴ How happy are those who reside in your house,
who praise you continually. Selah

⁵ Happy are the people whose strength is in you,
whose hearts are set on pilgrimage.

⁶ As they pass through the Valley of Baca,
they make it a source of springwater;
even the autumn rain will cover it with blessings.

⁷ They go from strength to strength;
each appears before God in Zion.

⁸ LORD God of Armies, hear my prayer;
listen, God of Jacob. Selah

⁹ Consider our shield, God;
look on the face of your anointed one.

¹⁰ Better a day in your courts
than a thousand anywhere else.
I would rather stand at the threshold of the house of my God
than live in the tents of wicked people.

¹¹ For the LORD God is a sun and shield.
The LORD grants favor and honor;
he does not withhold the good
from those who live with integrity.

¹² Happy is the person who trusts in you,
LORD of Armies!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests**Prayer of the Church**

We beg you, Lord, to help and defend us. Deliver the oppressed. Pity the insignificant. Raise the fallen. Show yourself to the needy. Heal the sick. Bring back those of your people who have gone astray. Feed the hungry. Lift up the weak. Take off the prisoners' chains. May every nation come to know that you alone are God, that Jesus is your Child, that we are your people, the sheep that you pasture. Amen.

Clement of Rome

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 17 MORNING PRAYER

Call to Prayer

The Lord has shown forth his glory: O come, let us adore him.

Confession of Faith

I believe the Son of God was manifested in the flesh,
vindicated in the Spirit,
seen by angels,
preached among the nations,
believed on in the world,
taken up in glory.

1 Timothy 3:16

Canticle

Arise, shine, for your light has come,
and the glory of the LORD shines over you.
For look, darkness will cover the earth,
and total darkness the peoples;
but the LORD will shine over you,
and his glory will appear over you.
Nations will come to your light,
and kings to your shining brightness.
Your city gates will always be open;
they will never be shut day or night
so that the wealth of the nations
may be brought into you,
with their kings being led in procession.
The sons of your oppressors
will come and bow down to you;
all who reviled you
will fall facedown at your feet.
They will call you the City of the LORD,
Zion of the Holy One of Israel.
Violence will never again be heard of in your land;
devastation and destruction
will be gone from your borders.
You will call your walls Salvation
and your city gates Praise.
The sun will no longer be your light by day,
and the brightness of the moon will not shine on you.

The LORD will be your everlasting light,
and your God will be your splendor.

Isaiah 60:1-3, 11, 14, 18-19

Morning Psalms

Psalm 86

- ¹ Listen, LORD, and answer me,
for I am poor and needy.
- ² Protect my life, for I am faithful.
You are my God; save your servant who trusts in you.
- ³ Be gracious to me, Lord,
for I call to you all day long.
- ⁴ Bring joy to your servant's life,
because I appeal to you, Lord.

- ⁵ For you, Lord, are kind and ready to forgive,
abounding in faithful love to all who call on you.
- ⁶ LORD, hear my prayer;
listen to my plea for mercy.
- ⁷ I call on you in the day of my distress,
for you will answer me.

- ⁸ Lord, there is no one like you among the gods,
and there are no works like yours.
- ⁹ All the nations you have made
will come and bow down before you, Lord,
and will honor your name.
- ¹⁰ For you are great and perform wonders;
you alone are God.

- ¹¹ Teach me your way, LORD,
and I will live by your truth.
Give me an undivided mind to fear your name.
- ¹² I will praise you with all my heart, Lord my God,
and will honor your name forever.
- ¹³ For your faithful love for me is great,
and you rescue my life from the depths of Sheol.

- ¹⁴ God, arrogant people have attacked me;
a gang of ruthless men intends to kill me.
They do not let you guide them.
- ¹⁵ But you, Lord, are a compassionate and gracious God,
slow to anger and abounding in faithful love and truth.

- ¹⁶ Turn to me and be gracious to me.
Give your strength to your servant;
save the son of your female servant.
- ¹⁷ Show me a sign of your goodness;
my enemies will see and be put to shame
because you, LORD, have helped and comforted me.

Psalm 88

- ¹ LORD, God of my salvation,
I cry out before you day and night.
- ² May my prayer reach your presence;
listen to my cry.
- ³ For I have had enough troubles,
and my life is near Sheol.
- ⁴ I am counted among those going down to the Pit.
I am like a man without strength,
⁵ abandoned among the dead.
I am like the slain lying in the grave,
whom you no longer remember,
and who are cut off from your care.
- ⁶ You have put me in the lowest part of the Pit,
in the darkest places, in the depths.
- ⁷ Your wrath weighs heavily on me;
you have overwhelmed me with all your waves. Selah
- ⁸ You have distanced my friends from me;
you have made me repulsive to them.
I am shut in and cannot go out.
- ⁹ My eyes are worn out from crying.
LORD, I cry out to you all day long;
I spread out my hands to you.
- ¹⁰ Do you work wonders for the dead?
Do departed spirits rise up to praise you? Selah
- ¹¹ Will your faithful love be declared in the grave,
your faithfulness in Abaddon?
- ¹² Will your wonders be known in the darkness
or your righteousness in the land of oblivion?
- ¹³ But I call to you for help, LORD;
in the morning my prayer meets you.
- ¹⁴ LORD, why do you reject me?
Why do you hide your face from me?
- ¹⁵ From my youth,

I have been suffering and near death.
I suffer your horrors; I am desperate.
¹⁶ Your wrath sweeps over me;
your terrors destroy me.
¹⁷ They surround me like water all day long;
they close in on me from every side.
¹⁸ You have distanced loved one and neighbor from me;
darkness is my only friend.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Blessing

May God be gracious to us and bless us; may he make his face shine upon us so that your way may be known on earth, your salvation among all nations.

Psalm 67:1-2

DAY 17 MIDDAY PRAYER

Call to Prayer

The earth is the Lord's for he made it: O come let us adore him.

Midday Psalms

Psalm 87

- ¹ The city he founded is on the holy mountains.
- ² The LORD loves Zion's city gates
more than all the dwellings of Jacob.
- ³ Glorious things are said about you,
city of God. Selah

- ⁴ "I will make a record of those who know me:
Rahab, Babylon, Philistia, Tyre, and Cush —
each one was born there."
- ⁵ And it will be said of Zion,
"This one and that one were born in her."
The Most High himself will establish her.
- ⁶ When he registers the peoples,
the LORD will record,
"This one was born there." Selah
- ⁷ Singers and dancers alike will say,
"My whole source of joy is in you."

Psalm 89:1-18

- ¹ I will sing about the LORD's faithful love forever;
I will proclaim your faithfulness to all generations
with my mouth.
- ² For I will declare,
"Faithful love is built up forever;
you establish your faithfulness in the heavens."

- ³ The LORD said,
"I have made a covenant with my chosen one;
I have sworn an oath to David my servant:
- ⁴ 'I will establish your offspring forever
and build up your throne for all generations.'" Selah
- ⁵ LORD, the heavens praise your wonders —
your faithfulness also —
in the assembly of the holy ones.
- ⁶ For who in the skies can compare with the LORD?
Who among the heavenly beings is like the LORD?

- 7 God is greatly feared in the council of the holy ones,
more awe-inspiring than all who surround him.
- 8 LORD God of Armies,
who is strong like you, LORD?
Your faithfulness surrounds you.
- 9 You rule the raging sea;
when its waves surge, you still them.
- 10 You crushed Rahab like one who is slain;
you scattered your enemies with your powerful arm.
- 11 The heavens are yours; the earth also is yours.
The world and everything in it — you founded them.
- 12 North and south — you created them.
Tabor and Hermon shout for joy at your name.
- 13 You have a mighty arm;
your hand is powerful;
your right hand is lifted high.
- 14 Righteousness and justice are the foundation
of your throne;
faithful love and truth go before you.
- 15 Happy are the people who know the joyful shout;
LORD, they walk in the light from your face.
- 16 They rejoice in your name all day long,
and they are exalted by your righteousness.
- 17 For you are their magnificent strength;
by your favor our horn is exalted.
- 18 Surely our shield belongs to the LORD,
our king to the Holy One of Israel.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May your faithful love rest on us, Lord, for we put our hope in you.

Psalm 33:22

DAY 17 EVENING PRAYER

Call to Prayer

Nations will come to your light, and kings to your shining brightness.

Isaiah 60:3

Confession of sin

Merciful Lord, pardon all the sins of my life, of omission and commission, of lips, life and walk, of hard-heartedness, unbelief, pride, of bringing dishonor on your great name, of impurity in thought, word and deed, of covetousness, which is idolatry. Pardon all my sins, known and unknown, felt and unfelt, confessed and unconfessed, remembered or forgotten. Good Lord, hear; and hearing, forgive!

Valley of Vision

As far as the east is from the west, so far has he removed our transgressions from us.

Canticle

Indeed, God is my salvation;
I will trust him and not be afraid,
for the LORD, the LORD himself,
is my strength and my song.
He has become my salvation.
You will joyfully draw water
from the springs of salvation,
and on that day you will say:
“Give thanks to the LORD; proclaim his name!
Make his works known among the peoples.
Declare that his name is exalted.
Sing to the LORD, for he has done glorious things.
Let this be known throughout the earth.
Cry out and sing, citizen of Zion,
for the Holy One of Israel is among you
in his greatness.”

Isaiah 12:2-6

Evening Psalms

Psalm 89:19-52

- ¹⁹ You once spoke in a vision to your faithful ones
and said: "I have granted help to a warrior;
I have exalted one chosen from the people.
- ²⁰ I have found David my servant;
I have anointed him with my sacred oil.
- ²¹ My hand will always be with him,
and my arm will strengthen him.
- ²² The enemy will not oppress him;
the wicked will not afflict him.
- ²³ I will crush his foes before him
and strike those who hate him.
- ²⁴ My faithfulness and love will be with him,
and through my name
his horn will be exalted.
- ²⁵ I will extend his power to the sea
and his right hand to the rivers.
- ²⁶ He will call to me, 'You are my Father,
my God, the rock of my salvation.'
- ²⁷ I will also make him my firstborn,
greatest of the kings of the earth.
- ²⁸ I will always preserve my faithful love for him,
and my covenant with him will endure.
- ²⁹ I will establish his line forever,
his throne as long as heaven lasts.
- ³⁰ If his sons abandon my instruction
and do not live by my ordinances,
- ³¹ if they dishonor my statutes
and do not keep my commands,
- ³² then I will call their rebellion
to account with the rod,
their iniquity with blows.
- ³³ But I will not withdraw
my faithful love from him
or betray my faithfulness.
- ³⁴ I will not violate my covenant
or change what my lips have said.
- ³⁵ Once and for all
I have sworn an oath by my holiness;
I will not lie to David.
- ³⁶ His offspring will continue forever,
his throne like the sun before me,
- ³⁷ like the moon, established forever,

a faithful witness in the sky.” Selah

- ³⁸ But you have spurned and rejected him;
you have become enraged with your anointed.
- ³⁹ You have repudiated the covenant with your servant;
you have completely dishonored his crown.
- ⁴⁰ You have broken down all his walls;
you have reduced his fortified cities to ruins.
- ⁴¹ All who pass by plunder him;
he has become an object of ridicule
to his neighbors.
- ⁴² You have lifted high the right hand of his foes;
you have made all his enemies rejoice.
- ⁴³ You have also turned back his sharp sword
and have not let him stand in battle.
- ⁴⁴ You have made his splendor cease
and have overturned his throne.
- ⁴⁵ You have shortened the days of his youth;
you have covered him with shame. Selah
- ⁴⁶ How long, LORD? Will you hide forever?
Will your anger keep burning like fire?
- ⁴⁷ Remember how short my life is.
Have you created everyone for nothing?
- ⁴⁸ What courageous person can live and never see death?
Who can save himself from the power of Sheol? Selah
- ⁴⁹ Lord, where are the former acts of your faithful love
that you swore to David in your faithfulness?
- ⁵⁰ Remember, Lord, the ridicule against your servants —
in my heart I carry abuse from all the peoples —
- ⁵¹ how your enemies have ridiculed, LORD,
how they have ridiculed every step of your anointed.
- ⁵² Blessed be the LORD forever.
Amen and amen.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,

Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord, you know what is best;
let this be done or that be done as you please.
Give what you will, as much as you will, when you will.
Do with me as you know best, as will most please you, and will be for your greater honor.
Place me where you will and deal with me freely in all things.
I am in your hand; turn me about whichever way you will.
Behold, I am your servant, ready to obey in all things.
Not for myself do I desire to live, but for you –
Would that I could do this worthily and perfectly! Amen.

Thomas a Kempis

Blessing

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

DAY 18 MORNING PRAYER

Call to Prayer

If anyone wants to follow after me, let him deny himself, take up his cross and follow me.

Mark 8:34

Confession of Faith

I believe that God who is rich in mercy towards the undeserving has made gracious provision for human wrongdoing, corruption, and guilt, provisionally and typologically through Israel's Temple and sin offerings, then definitively and gloriously in the gift of Jesus' once-for-all sufficient and perfect sacrificial death on the cross in the temple of his human flesh. By his death in our stead, he revealed God's love and upheld God's justice, removing our guilt, vanquishing the powers that held us captive, and reconciling us to God. It is wholly by grace, not our own works or merits, that we have been forgiven; it is wholly by Jesus' shed blood, not by our own sweat and tears, that we have been cleansed.

Adapted from the Reforming Catholic Confession

Canticle

Glory to you, Lord God of our fathers;
you are worthy of praise; glory to you.
Glory to you for the radiance of your holy Name;
we will praise you and highly exalt you for ever.
Glory to you in the splendor of your temple;
on the throne of your majesty, glory to you.
Glory to you, seated between the Cherubim;
we will praise you and highly exalt you for ever.
Glory to you, beholding the depths;
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit;
we will praise you and highly exalt you for ever.

Song of the Three Young Men

Morning Psalms

Psalm 90

- ¹ Lord, you have been our refuge
in every generation.
- ² Before the mountains were born,
before you gave birth to the earth and the world,
from eternity to eternity, you are God.

³ You return mankind to the dust,
saying, "Return, descendants of Adam."
⁴ For in your sight a thousand years
are like yesterday that passes by,
like a few hours of the night.
⁵ You end their lives; they sleep.
They are like grass that grows in the morning —
⁶ in the morning it sprouts and grows;
by evening it withers and dries up.

⁷ For we are consumed by your anger;
we are terrified by your wrath.
⁸ You have set our iniquities before you,
our secret sins in the light of your presence.
⁹ For all our days ebb away under your wrath;
we end our years like a sigh.
¹⁰ Our lives last seventy years
or, if we are strong, eighty years.
Even the best of them are struggle and sorrow;
indeed, they pass quickly and we fly away.
¹¹ Who understands the power of your anger?
Your wrath matches the fear that is due you.
¹² Teach us to number our days carefully
so that we may develop wisdom in our hearts.

¹³ LORD — how long?
Turn and have compassion on your servants.
¹⁴ Satisfy us in the morning with your faithful love
so that we may shout with joy and be glad all our days.
¹⁵ Make us rejoice for as many days as you have humbled us,
for as many years as we have seen adversity.
¹⁶ Let your work be seen by your servants,
and your splendor by their children.
¹⁷ Let the favor of the Lord our God be on us;
establish for us the work of our hands —
establish the work of our hands!

Psalm 91

¹ The one who lives under the protection of the Most High
dwells in the shadow of the Almighty.

² I will say concerning the LORD, who is my refuge and my fortress,
my God in whom I trust:

³ He himself will rescue you from the bird trap,
from the destructive plague.

- 4 He will cover you with his feathers;
you will take refuge under his wings.
His faithfulness will be a protective shield.
- 5 You will not fear the terror of the night,
the arrow that flies by day,
6 the plague that stalks in darkness,
or the pestilence that ravages at noon.
- 7 Though a thousand fall at your side
and ten thousand at your right hand,
the pestilence will not reach you.
- 8 You will only see it with your eyes
and witness the punishment of the wicked.
- 9 Because you have made the LORD — my refuge,
the Most High — your dwelling place,
10 no harm will come to you;
no plague will come near your tent.
- 11 For he will give his angels orders concerning you,
to protect you in all your ways.
- 12 They will support you with their hands
so that you will not strike your foot against a stone.
- 13 You will tread on the lion and the cobra;
you will trample the young lion and the serpent.
- 14 Because he has his heart set on me,
I will deliver him;
I will protect him because he knows my name.
- 15 When he calls out to me, I will answer him;
I will be with him in trouble.
I will rescue him and give him honor.
- 16 I will satisfy him with a long life
and show him my salvation.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread

And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

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.

The Book of Common Prayer

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 18 MIDDAY PRAYER

Call to Prayer

The mercy of the Lord is everlasting: O come, let us adore him.

Midday Psalms

Psalm 92

- ¹ It is good to give thanks to the LORD,
to sing praise to your name, Most High,
- ² to declare your faithful love in the morning
and your faithfulness at night,
- ³ with a ten-stringed harp
and the music of a lyre.

- ⁴ For you have made me rejoice, LORD,
by what you have done;
I will shout for joy
because of the works of your hands.
- ⁵ How magnificent are your works, LORD,
how profound your thoughts!
- ⁶ A stupid person does not know,

- a fool does not understand this:
7 though the wicked sprout like grass
and all evildoers flourish,
they will be eternally destroyed.
8 But you, LORD, are exalted forever.
9 For indeed, LORD, your enemies —
indeed, your enemies will perish;
all evildoers will be scattered.
10 You have lifted up my horn
like that of a wild ox;
I have been anointed with the finest oil.
11 My eyes look at my enemies;
when evildoers rise against me,
my ears hear them.
- 12 The righteous thrive like a palm tree
and grow like a cedar tree in Lebanon.
13 Planted in the house of the LORD,
they thrive in the courts of our God.
14 They will still bear fruit in old age,
healthy and green,
15 to declare: “The LORD is just;
he is my rock,
and there is no unrighteousness in him.”

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the LORD bless you and protect you;
may the LORD make his face shine on you and be gracious to you;
may the LORD look with favor on you and give you peace.

Numbers 6:24-26

DAY 18 EVENING PRAYER

Call to Prayer

If we say, “We have no sin,” we are deceiving ourselves, and the truth is not in us. If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:8-9

Confession of sin

Lord Jesus Christ, who stretched out your hands on the cross, and redeemed us by your blood: forgive me, a sinner, for none of my thoughts are hidden from you. Pardon I ask, pardon I hope for, pardon I trust to have. You who are full of pity and mercy: spare me, and forgive.

Ambrose

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

Seek the LORD while he may be found;
call to him while he is near.
Let the wicked one abandon his way
and the sinful one his thoughts;
let him return to the LORD,
so he may have compassion on him,
and to our God, for he will freely forgive.
“For my thoughts are not your thoughts,
and your ways are not my ways.”
This is the LORD’s declaration.
“For as heaven is higher than earth,
so my ways are higher than your ways,
and my thoughts than your thoughts.
For just as rain and snow fall from heaven
and do not return there
without saturating the earth
and making it germinate and sprout,
and providing seed to sow

and food to eat,
so my word that comes from my mouth
will not return to me empty,
but it will accomplish what I please
and will prosper in what I send it to do.”

Isaiah 55:6-11

Evening Psalms

Psalm 93

- ¹ The LORD reigns! He is robed in majesty;
the LORD is robed, enveloped in strength.
The world is firmly established;
it cannot be shaken.
- ² Your throne has been established
from the beginning;
you are from eternity.
- ³ The floods have lifted up, LORD,
the floods have lifted up their voice;
the floods lift up their pounding waves.
- ⁴ Greater than the roar of a huge torrent —
the mighty breakers of the sea —
the LORD on high is majestic.
- ⁵ LORD, your testimonies are completely reliable;
holiness adorns your house
for all the days to come.

Psalm 94

- ¹ LORD, God of vengeance —
God of vengeance, shine!
- ² Rise up, Judge of the earth;
repay the proud what they deserve.
- ³ LORD, how long will the wicked —
how long will the wicked celebrate?
- ⁴ They pour out arrogant words;
all the evildoers boast.
- ⁵ LORD, they crush your people;
they oppress your heritage.
- ⁶ They kill the widow and the resident alien
and murder the fatherless.
- ⁷ They say, “The LORD doesn’t see it.
The God of Jacob doesn’t pay attention.”

- ⁸ Pay attention, you stupid people!
Fools, when will you be wise?
- ⁹ Can the one who shaped the ear not hear,
the one who formed the eye not see?
- ¹⁰ The one who instructs nations,
the one who teaches mankind knowledge —
does he not discipline?
- ¹¹ The LORD knows the thoughts of mankind;
they are futile.
- ¹² LORD, how happy is anyone you discipline
and teach from your law
- ¹³ to give him relief from troubled times
until a pit is dug for the wicked.
- ¹⁴ The LORD will not leave his people
or abandon his heritage,
- ¹⁵ for the administration of justice will again be righteous,
and all the upright in heart will follow it.
- ¹⁶ Who stands up for me against the wicked?
Who takes a stand for me against evildoers?
- ¹⁷ If the LORD had not been my helper,
I would soon rest in the silence of death.
- ¹⁸ If I say, “My foot is slipping,”
your faithful love will support me, LORD.
- ¹⁹ When I am filled with cares,
your comfort brings me joy.
- ²⁰ Can a corrupt throne be your ally,
a throne that makes evil laws?
- ²¹ They band together against the life of the righteous
and condemn the innocent to death.
- ²² But the LORD is my refuge;
my God is the rock of my protection.
- ²³ He will pay them back for their sins
and destroy them for their evil.
The LORD our God will destroy them.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Father of heaven, whose goodness has brought us in safety to the close of this day, another day is now gone, and added to those, for which we were before accountable. Give us grace to endeavor after a truly Christian spirit to seek to attain that temper of forbearance and patience of which our blessed Savior has set us the highest example; and which, while it prepares us for the spiritual happiness of the life to come, will secure to us the best enjoyment of what this world can give. Incline us, O God, to think humbly of ourselves, to be severe only in the examination of our own conduct, to consider our fellow-creatures with kindness, and to judge of all they say and do with that charity which we would desire from them ourselves.

Jane Austen

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 19 MORNING PRAYER

Call to Prayer

Alleluia. The Lord is risen indeed: O come, let us adore him. Alleluia.

Confession of Faith

I believe that the gospel is the good news that the triune God has poured out his grace in the life, death, resurrection, and ascension of the Lord Jesus Christ, so that through his work we might have peace with God. Jesus lived in perfect obedience yet suffered everything sinners deserved so that sinners would not have to pursue a righteousness of their own, relying on their own works, but rather through trust in him as the fulfillment of God's promises could be justified by faith alone in order to become fellow heirs with him. Christ died in the place of sinners, absorbing the wages of sin, so that those who entrust themselves to him also die with him to the power, penalty, and (eventually) practice of sin. Christ was raised the firstborn of a renewed and restored creation, so that those whom the Spirit unites to him in faith are raised up and created a new humanity in him. Renewed in God's image, they are thereby enabled to live out his life in them. One with Christ and made alive in him who is the only ground of salvation, sinners are reconciled with God – justified, adopted, sanctified, and eventually glorified children of the promise.

Adapted from the Reforming Catholic Confession

Canticle

Alleluia. Christ our Passover has been sacrificed,
therefore let us observe the feast,
Not with old leaven, or with the leaven of malice and evil,
but with the unleavened bread of sincerity and truth. Alleluia.
Christ, having been raised from the dead, will not die again;
death no longer rules over him.
For the death that he died, he died to sin once for all time,
but the life he lives, he lives to God.
So, you too consider yourselves dead to sin
and alive to God in Christ Jesus. Alleluia.
Christ has been raised from the dead,
the firstfruits of those who have fallen asleep.
For since death came through a man,
the resurrection of the dead also comes through a man.
For as in Adam all die,
so also in Christ all will be made alive. Alleluia.

1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Morning Psalms

Psalm 95

¹ Come, let us shout joyfully to the LORD,
shout triumphantly to the rock of our salvation!

² Let us enter his presence with thanksgiving;
let us shout triumphantly to him in song.

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

⁴ The depths of the earth are in his hand,
and the mountain peaks are his.

⁵ The sea is his; he made it.
His hands formed the dry land.

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

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

Today, if you hear his voice:

⁸ Do not harden your hearts as at Meribah,
as on that day at Massah in the wilderness

⁹ where your fathers tested me;
they tried me, though they had seen what I did.

¹⁰ For forty years I was disgusted with that generation;
I said, "They are a people whose hearts go astray;
they do not know my ways."

¹¹ So I swore in my anger,
"They will not enter my rest."

Psalm 96

¹ Sing a new song to the LORD;
let the whole earth sing to the LORD.

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

³ Declare his glory among the nations,
his wondrous works among all peoples.

⁴ For the LORD is great and is highly praised;
he is feared above all gods.

⁵ For all the gods of the peoples are idols,
but the LORD made the heavens.

⁶ Splendor and majesty are before him;

strength and beauty are in his sanctuary.

- ⁷ Ascribe to the LORD, you families of the peoples,
ascribe to the LORD glory and strength.
- ⁸ Ascribe to the LORD the glory of his name;
bring an offering and enter his courts.
- ⁹ Worship the LORD in the splendor of his holiness;
let the whole earth tremble before him.
- ¹⁰ Say among the nations: “The LORD reigns.
The world is firmly established; it cannot be shaken.
He judges the peoples fairly.”
- ¹¹ Let the heavens be glad and the earth rejoice;
let the sea and all that fills it resound.
- ¹² Let the fields and everything in them celebrate.
Then all the trees of the forest will shout for joy
- ¹³ before the LORD, for he is coming —
for he is coming to judge the earth.
He will judge the world with righteousness
and the peoples with his faithfulness.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord’s Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O God, whose Son Jesus is the good shepherd of your people; Grant that when we hear his voice we may know him who calls us each by name, and follow where he leads; who, with you and the Holy

Spirit, lives and reigns, one God, for ever and ever. Amen.

The Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Ephesians 3:20-21

DAY 19 MIDDAY PRAYER

Call to Prayer

The Lord is in his holy temple; let the whole earth be silent in his presence.

Habakkuk 2:20

Midday Psalms

Psalm 97

- ¹ The LORD reigns! Let the earth rejoice;
let the many coasts and islands be glad.
- ² Clouds and total darkness surround him;
righteousness and justice are the foundation of his throne.
- ³ Fire goes before him
and burns up his foes on every side.
- ⁴ His lightning lights up the world;
the earth sees and trembles.
- ⁵ The mountains melt like wax
at the presence of the LORD —
at the presence of the Lord of the whole earth.
- ⁶ The heavens proclaim his righteousness;
all the peoples see his glory.
- ⁷ All who serve carved images,
those who boast in idols, will be put to shame.
All the gods must worship him.
- ⁸ Zion hears and is glad,
Judah's villages rejoice
because of your judgments, LORD.
- ⁹ For you, LORD,

are the Most High over the whole earth;
you are exalted above all the gods.

- ¹⁰ You who love the LORD, hate evil!
He protects the lives of his faithful ones;
he rescues them from the power of the wicked.
- ¹¹ Light dawns for the righteous,
gladness for the upright in heart.
- ¹² Be glad in the LORD, you righteous ones,
and give thanks to his holy name.

Psalm 98

- ¹ Sing a new song to the LORD,
for he has performed wonders;
his right hand and holy arm
have won him victory.
- ² The LORD has made his victory known;
he has revealed his righteousness
in the sight of the nations.
- ³ He has remembered his love
and faithfulness to the house of Israel;
all the ends of the earth
have seen our God's victory.
- ⁴ Let the whole earth shout to the LORD;
be jubilant, shout for joy, and sing.
- ⁵ Sing to the LORD with the lyre,
with the lyre and melodious song.
- ⁶ With trumpets and the blast of the ram's horn
shout triumphantly
in the presence of the LORD, our King.
- ⁷ Let the sea and all that fills it,
the world and those who live in it, resound.
- ⁸ Let the rivers clap their hands;
let the mountains shout together for joy
- ⁹ before the LORD,
for he is coming to judge the earth.
He will judge the world righteously
and the peoples fairly.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May your faithful love rest on us, Lord, for we put our hope in you.

Psalm 33:22

DAY 19 EVENING PRAYER

Call to Prayer

Thanks be to God, who gives us the victory through our Lord Jesus Christ!

1 Corinthians 15:57

Confession of sin

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

How joyful is the one whose transgression is forgiven, whose sin is covered!

Canticle

I will sing to the LORD,
for he is highly exalted;
he has thrown the horse
and its rider into the sea.
The LORD is my strength and my song;
he has become my salvation.
This is my God, and I will praise him,
my father's God, and I will exalt him.
The LORD is a warrior;
the LORD is his name.
He threw Pharaoh's chariots

and his army into the sea;
the elite of his officers
were drowned in the Red Sea.
The floods covered them;
they sank to the depths like a stone.
LORD, your right hand is glorious in power.
LORD, your right hand shattered the enemy.
LORD, who is like you among the gods?
Who is like you, glorious in holiness,
revered with praises, performing wonders?
You stretched out your right hand,
and the earth swallowed them.
With your faithful love,
you will lead the people
you have redeemed;
you will guide them to your holy dwelling
with your strength.
You will bring them in and plant them
on the mountain of your possession;
LORD, you have prepared the place
for your dwelling;
Lord, your hands have established the sanctuary.
The LORD will reign forever and ever!

Exodus 15:1-6, 11-13, 17-18

Evening Psalms

Psalm 99

- ¹ The LORD reigns! Let the peoples tremble.
He is enthroned between the cherubim.
Let the earth quake.
- ² The LORD is great in Zion;
he is exalted above all the peoples.
- ³ Let them praise your great
and awe-inspiring name.
He is holy.
- ⁴ The mighty King loves justice.
You have established fairness;
you have administered justice
and righteousness in Jacob.
- ⁵ Exalt the LORD our God;

bow in worship at his footstool.
He is holy.

- ⁶ Moses and Aaron were among his priests;
Samuel also was among those calling on his name.
They called to the LORD and he answered them.
- ⁷ He spoke to them in a pillar of cloud;
they kept his decrees and the statutes he gave them.
- ⁸ LORD our God, you answered them.
You were a forgiving God to them,
but an avenger of their sinful actions.
- ⁹ Exalt the LORD our God;
bow in worship at his holy mountain,
for the LORD our God is holy.

Psalm 100

- ¹ Let the whole earth shout triumphantly to the LORD!
- ² Serve the LORD with gladness;
come before him with joyful songs.
- ³ Acknowledge that the LORD is God.
He made us, and we are his—
his people, the sheep of his pasture.
- ⁴ Enter his gates with thanksgiving
and his courts with praise.
Give thanks to him and bless his name.
- ⁵ For the LORD is good, and his faithful love endures forever;
his faithfulness, through all generations.

Psalm 101

- ¹ I will sing of faithful love and justice;
I will sing praise to you, LORD.
- ² I will pay attention to the way of integrity.
When will you come to me?
I will live with a heart of integrity in my house.
- ³ I will not let anything worthless guide me.
I hate the practice of transgression;
it will not cling to me.
- ⁴ A devious heart will be far from me;
I will not be involved with evil.
- ⁵ I will destroy anyone
who secretly slanders his neighbor;
I cannot tolerate anyone
with haughty eyes or an arrogant heart.

- 6 My eyes favor the faithful of the land
so that they may sit down with me.
The one who follows the way of integrity
may serve me.
- 7 No one who acts deceitfully
will live in my palace;
the one who tells lies
will not be retained here to guide me.
- 8 Every morning I will destroy
all the wicked of the land,
wiping out all evildoers from the LORD's city.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

To you, O God of my fathers, I give thanks! I am the work of your hands, the price of your blood, the image of your countenance, the servant of your purchase, the seal of your name, the child of your adoption, a temple of your spirit, a member of your church.

Lancelot Andrews

Blessing

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

DAY 20 MORNING PRAYER

Call to Prayer

You will receive power when the Holy Spirit has come on you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the end of the earth.

Acts 1:8

Confession of Faith

I believe the Holy Spirit is the third person of the Trinity, the unseen yet active personal presence of God in the world, who unites believers to Christ, regenerating and making us new creatures with hearts oriented to the light and life of the kingdom of God and to peace and justice on earth. The Spirit indwells those whom he makes alive with Christ, through faith incorporates us into the body of Christ, and conforms us to the image of Christ so that we may glorify him as we grow in knowledge, wisdom, and love into mature sainthood, the measure of the stature of the fullness of Christ. The Spirit is the light of truth and fire of love who continues to sanctify the people of God, prompting us to repentance and faith, diversifying our gifts, directing our witness, and empowering our discipleship.

Adapted from the Reforming Catholic Confession

Canticle

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
because he has looked with favor
on the humble condition of his servant.
Surely, from now on all generations
will call me blessed,
because the Mighty One
has done great things for me,
and his name is holy.
His mercy is from generation to generation
on those who fear him.
He has done a mighty deed with his arm;
he has scattered the proud
because of the thoughts of their hearts;
he has toppled the mighty from their thrones
and exalted the lowly.
He has satisfied the hungry with good things
and sent the rich away empty.
He has helped his servant Israel,
remembering his mercy
to Abraham and his descendants forever,

just as he spoke to our ancestors.

Luke 1:46-55

Morning Psalms

Psalm 102

- ¹ LORD, hear my prayer;
let my cry for help come before you.
- ² Do not hide your face from me in my day of trouble.
Listen closely to me;
answer me quickly when I call.

- ³ For my days vanish like smoke,
and my bones burn like a furnace.
- ⁴ My heart is suffering, withered like grass;
I even forget to eat my food.
- ⁵ Because of the sound of my groaning,
my flesh sticks to my bones.
- ⁶ I am like an eagle owl,
like a little owl among the ruins.
- ⁷ I stay awake;
I am like a solitary bird on a roof.
- ⁸ My enemies taunt me all day long;
they ridicule and use my name as a curse.
- ⁹ I eat ashes like bread
and mingle my drinks with tears
- ¹⁰ because of your indignation and wrath;
for you have picked me up and thrown me aside.
- ¹¹ My days are like a lengthening shadow,
and I wither away like grass.

- ¹² But you, LORD, are enthroned forever;
your fame endures to all generations.
- ¹³ You will rise up and have compassion on Zion,
for it is time to show favor to her —
the appointed time has come.
- ¹⁴ For your servants take delight in its stones
and favor its dust.

- ¹⁵ Then the nations will fear the name of the LORD,
and all the kings of the earth your glory,
- ¹⁶ for the LORD will rebuild Zion;
he will appear in his glory.
- ¹⁷ He will pay attention to the prayer of the destitute
and will not despise their prayer.

¹⁸ This will be written for a later generation,
and a people who have not yet been created will praise the LORD:
¹⁹ He looked down from his holy heights —
the LORD gazed out from heaven to earth —
²⁰ to hear a prisoner's groaning,
to set free those condemned to die,
²¹ so that they might declare
the name of the LORD in Zion
and his praise in Jerusalem,
²² when peoples and kingdoms are assembled
to serve the LORD.

²³ He has broken my strength in midcourse;
he has shortened my days.
²⁴ I say: "My God, do not take me
in the middle of my life!
Your years continue through all generations.
²⁵ Long ago you established the earth,
and the heavens are the work of your hands.
²⁶ They will perish, but you will endure;
all of them will wear out like clothing.
You will change them like a garment,
and they will pass away.
²⁷ But you are the same,
and your years will never end.
²⁸ Your servants' children will dwell securely,
and their offspring will be established before you."

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

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.

The Book of Common Prayer

Blessing

Now may the God of hope fill you with all joy and peace as you believe, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

DAY 20 MIDDAY PRAYER

Call to Prayer

An hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth. Yes, the Father wants such people to worship him.

John 4:23

Midday Psalms

Psalm 103

- ¹ My soul, bless the LORD,
and all that is within me, bless his holy name.
- ² My soul, bless the LORD,
and do not forget all his benefits.

- ³ He forgives all your iniquity;
he heals all your diseases.
- ⁴ He redeems your life from the Pit;
he crowns you with faithful love and compassion.
- ⁵ He satisfies you with good things;
your youth is renewed like the eagle.

- ⁶ The LORD executes acts of righteousness
and justice for all the oppressed.
- ⁷ He revealed his ways to Moses,
his deeds to the people of Israel.
- ⁸ The LORD is compassionate and gracious,
slow to anger and abounding in faithful love.

- ⁹ He will not always accuse us
or be angry forever.
- ¹⁰ He has not dealt with us as our sins deserve
or repaid us according to our iniquities.
- ¹¹ For as high as the heavens are above the earth,
so great is his faithful love
toward those who fear him.
- ¹² As far as the east is from the west,
so far has he removed
our transgressions from us.
- ¹³ As a father has compassion on his children,
so the LORD has compassion on those who fear him.
- ¹⁴ For he knows what we are made of,
remembering that we are dust.
- ¹⁵ As for man, his days are like grass —
he blooms like a flower of the field;
¹⁶ when the wind passes over it, it vanishes,
and its place is no longer known.
- ¹⁷ But from eternity to eternity
the LORD's faithful love is toward those who fear him,
and his righteousness toward the grandchildren
¹⁸ of those who keep his covenant,
who remember to observe his precepts.
- ¹⁹ The LORD has established his throne in heaven,
and his kingdom rules over all.
- ²⁰ Bless the LORD,
all his angels of great strength,
who do his word,
obedient to his command.
- ²¹ Bless the LORD, all his armies,
his servants who do his will.
- ²² Bless the LORD, all his works
in all the places where he rules.
My soul, bless the LORD!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the Lord give you what your heart desires and fulfill your whole purpose. May the Lord fulfill all your requests.

Psalm 20:4, 5

DAY 20 EVENING PRAYER

Call to Prayer

Both the Spirit and the bride say, "Come!" Let anyone who hears, say, "Come!" Let the one who is thirsty come. Let the one who desires take the water of life freely.

Revelation 22:17

Confession of sin

Be gracious to me, God,
according to your faithful love;
according to your abundant compassion,
blot out my rebellion.
Completely wash away my guilt
and cleanse me from my sin.
The sacrifice pleasing to God is a broken spirit.
You will not despise a broken and humbled heart, God.

Psalm 51:1-2, 17

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

Blessed is the Lord, the God of Israel,
because he has visited
and provided redemption for his people.
He has raised up a horn of salvation for us
in the house of his servant David,
just as he spoke by the mouth
of his holy prophets in ancient times;
salvation from our enemies
and from the hand of those who hate us.
He has dealt mercifully with our ancestors
and remembered his holy covenant—
the oath that he swore to our father Abraham,
to grant that we,
having been rescued
from the hand of our enemies,
would serve him without fear
in holiness and righteousness
in his presence all our days.
And you, child, will be called
a prophet of the Most High,
for you will go before the Lord
to prepare his ways,
to give his people knowledge of salvation
through the forgiveness of their sins.
Because of our God's merciful compassion,
the dawn from on high will visit us
to shine on those who live in darkness
and the shadow of death,
to guide our feet into the way of peace.

Luke 1:68-79

Evening Psalms

Psalm 104

- ¹ My soul, bless the LORD!
LORD my God, you are very great;
you are clothed with majesty and splendor.
- ² He wraps himself in light as if it were a robe,
spreading out the sky like a canopy,
- ³ laying the beams of his palace

- on the waters above,
making the clouds his chariot,
walking on the wings of the wind,
4 and making the winds his messengers,
flames of fire his servants.
- 5 He established the earth on its foundations;
it will never be shaken.
- 6 You covered it with the deep
as if it were a garment;
the water stood above the mountains.
- 7 At your rebuke the water fled;
at the sound of your thunder they hurried away —
- 8 mountains rose and valleys sank —
to the place you established for them.
- 9 You set a boundary they cannot cross;
they will never cover the earth again.
- 10 He causes the springs to gush into the valleys;
they flow between the mountains.
- 11 They supply water for every wild beast;
the wild donkeys quench their thirst.
- 12 The birds of the sky live beside the springs;
they make their voices heard among the foliage.
- 13 He waters the mountains from his palace;
the earth is satisfied by the fruit of your labor.
- 14 He causes grass to grow for the livestock
and provides crops for man to cultivate,
producing food from the earth,
- 15 wine that makes human hearts glad —
making his face shine with oil —
and bread that sustains human hearts.
- 16 The trees of the LORD flourish,
the cedars of Lebanon that he planted.
- 17 There the birds make their nests;
storks make their homes in the pine trees.
- 18 The high mountains are for the wild goats;
the cliffs are a refuge for hyraxes.
- 19 He made the moon to mark the festivals;
the sun knows when to set.
- 20 You bring darkness, and it becomes night,
when all the forest animals stir.

- ²¹ The young lions roar for their prey
and seek their food from God.
- ²² The sun rises; they go back
and lie down in their dens.
- ²³ Man goes out to his work
and to his labor until evening.
- ²⁴ How countless are your works, LORD!
In wisdom you have made them all;
the earth is full of your creatures.
- ²⁵ Here is the sea, vast and wide,
teeming with creatures beyond number —
living things both large and small.
- ²⁶ There the ships move about,
and Leviathan, which you formed to play there.
- ²⁷ All of them wait for you
to give them their food at the right time.
- ²⁸ When you give it to them,
they gather it;
when you open your hand,
they are satisfied with good things.
- ²⁹ When you hide your face,
they are terrified;
when you take away their breath,
they die and return to the dust.
- ³⁰ When you send your breath,
they are created,
and you renew the surface of the ground.
- ³¹ May the glory of the LORD endure forever;
may the LORD rejoice in his works.
- ³² He looks at the earth, and it trembles;
he touches the mountains,
and they pour out smoke.
- ³³ I will sing to the LORD all my life;
I will sing praise to my God while I live.
- ³⁴ May my meditation be pleasing to him;
I will rejoice in the LORD.
- ³⁵ May sinners vanish from the earth
and wicked people be no more.
My soul, bless the LORD!
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O Lord, the Helper of the helpless, the Hope of those who are past hope, the Savior of the tempest-tossed, the Harbor of the voyagers, the Physician of the sick... You know each soul and our prayer, each home and its need. Become to each one of us what we most dearly require, receiving us all into your kingdom, making us children of light, and pour on us your peace and love, O Lord our God.
Amen.

Basil the Great

Blessing

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

DAY 21 MORNING PRAYER

Call to Prayer

Father, Son, and Holy Spirit, one God: O come, let us adore him.

Confession of Faith

I believe in God the Father, Almighty.

I believe in Jesus Christ, His Only Son.

I Believe in the Holy Spirit, Giver of Life.

I Believe in the Three in One. Amen.

Canticle

You are God: we praise you;

You are the Lord; we acclaim you;

You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,

Cherubim and Seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you.

The noble fellowship of prophets praise you.

The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you;

Father, of majesty unbounded,

your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the king of glory,

the eternal Son of the Father.

When you became man to set us free

you did not shun the Virgin's womb.

You overcame the sting of death

and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

We believe that you will come and be our judge.

Come then, Lord, and help your people,
bought with the price of your own blood,

and bring us with your saints

to glory everlasting.

Te Deum

Morning Psalms

Psalm 105

- ¹ Give thanks to the LORD, call on his name;
proclaim his deeds among the peoples.
- ² Sing to him, sing praise to him;
tell about all his wondrous works!
- ³ Honor his holy name;
let the hearts of those who seek the LORD rejoice.
- ⁴ Seek the LORD and his strength;
seek his face always.
- ⁵ Remember the wondrous works he has done,
his wonders, and the judgments he has pronounced,
- ⁶ you offspring of Abraham his servant,
Jacob's descendants — his chosen ones.
- ⁷ He is the LORD our God;
his judgments govern the whole earth.
- ⁸ He remembers his covenant forever,
the promise he ordained
for a thousand generations —
- ⁹ the covenant he made with Abraham,
swore to Isaac,
- ¹⁰ and confirmed to Jacob as a decree
and to Israel as a permanent covenant:
- ¹¹ "I will give the land of Canaan to you
as your inherited portion."
- ¹² When they were few in number,
very few indeed,
and resident aliens in Canaan,
- ¹³ wandering from nation to nation
and from one kingdom to another,
- ¹⁴ he allowed no one to oppress them;
he rebuked kings on their behalf:
- ¹⁵ "Do not touch my anointed ones,
or harm my prophets."
- ¹⁶ He called down famine against the land
and destroyed the entire food supply.
- ¹⁷ He had sent a man ahead of them —
Joseph, who was sold as a slave.
- ¹⁸ They hurt his feet with shackles;
his neck was put in an iron collar.
- ¹⁹ Until the time his prediction came true,

the word of the LORD tested him.
20 The king sent for him and released him;
the ruler of peoples set him free.
21 He made him master of his household,
ruler over all his possessions —
22 binding his officials at will
and instructing his elders.

23 Then Israel went to Egypt;
Jacob lived as an alien in the land of Ham.
24 The LORD made his people very fruitful;
he made them more numerous than their foes,
25 whose hearts he turned to hate his people
and to deal deceptively with his servants.
26 He sent Moses his servant,
and Aaron, whom he had chosen.
27 They performed his miraculous signs among them,
and wonders in the land of Ham.
28 He sent darkness, and it became dark —
for did they not defy his commands?
29 He turned their water into blood
and caused their fish to die.
30 Their land was overrun with frogs,
even in their royal chambers.
31 He spoke, and insects came —
gnats throughout their country.
32 He gave them hail for rain,
and lightning throughout their land.
33 He struck their vines and fig trees
and shattered the trees of their territory.
34 He spoke, and locusts came —
young locusts without number.
35 They devoured all the vegetation in their land
and consumed the produce of their land.
36 He struck all the firstborn in their land,
all their first progeny.

37 Then he brought Israel out with silver and gold,
and no one among his tribes stumbled.
38 Egypt was glad when they left,
for the dread of Israel had fallen on them.
39 He spread a cloud as a covering
and gave a fire to light up the night.
40 They asked, and he brought quail
and satisfied them with bread from heaven.

- ⁴¹ He opened a rock, and water gushed out;
it flowed like a stream in the desert.
- ⁴² For he remembered his holy promise
to Abraham his servant.
- ⁴³ He brought his people out with rejoicing,
his chosen ones with shouts of joy.
- ⁴⁴ He gave them the lands of the nations,
and they inherited
what other peoples had worked for.
- ⁴⁵ All this happened
so that they might keep his statutes
and obey his instructions.
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Book of Common Prayer

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 21 MIDDAY PRAYER

Call to Prayer

Send your light and your truth; let them lead me. Let them bring me to your holy mountain, to your dwelling place.

Psalms 43:3

Midday Psalms

Psalm 106:1-12

- ¹ Hallelujah!
Give thanks to the LORD, for he is good;
his faithful love endures forever.
- ² Who can declare the LORD's mighty acts
or proclaim all the praise due him?
- ³ How happy are those who uphold justice,
who practice righteousness at all times.

- ⁴ Remember me, LORD,
when you show favor to your people.
Come to me with your salvation
- ⁵ so that I may enjoy the prosperity
of your chosen ones,
rejoice in the joy of your nation,
and boast about your heritage.

- ⁶ Both we and our fathers have sinned;
we have done wrong and have acted wickedly.
- ⁷ Our fathers in Egypt did not grasp
the significance of your wondrous works
or remember your many acts of faithful love;
instead, they rebelled by the sea — the Red Sea.
- ⁸ Yet he saved them for his name's sake,
to make his power known.
- ⁹ He rebuked the Red Sea, and it dried up;
he led them through the depths as through a desert.
- ¹⁰ He saved them from the power of the adversary;

- he redeemed them from the power of the enemy.
- ¹¹ Water covered their foes;
not one of them remained.
- ¹² Then they believed his promises
and sang his praise.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 21 EVENING PRAYER

Call to Prayer

Holy, holy, holy is the Lord of Armies; his glory fills the whole earth.

Isaiah 6:3

Confession of sin

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

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

Our Lord and God,
you are worthy to receive
glory and honor and power,
because you have created all things,
and by your will
they exist and were created.
You are worthy to take the scroll
and to open its seals,
because you were slaughtered,
and you purchased people
for God by your blood
from every tribe and language
and people and nation.
You made them a kingdom
and priests to our God,
and they will reign on the earth.
Blessing and honor and glory and power
be to the one seated on the throne,
and to the Lamb, forever and ever!
Amen.

Revelation 4:11; 5:9-10, 13, 14

Evening Psalms

Psalm 106:13-48

- ¹³ They soon forgot his works
and would not wait for his counsel.
- ¹⁴ They were seized with craving in the wilderness
and tested God in the desert.
- ¹⁵ He gave them what they asked for,
but sent a wasting disease among them.
- ¹⁶ In the camp they were envious of Moses
and of Aaron, the LORD's holy one.
- ¹⁷ The earth opened up and swallowed Dathan;
it covered the assembly of Abiram.
- ¹⁸ Fire blazed throughout their assembly;
flames consumed the wicked.
- ¹⁹ At Horeb they made a calf
and worshiped the cast metal image.

²⁰ They exchanged their glory
for the image of a grass-eating ox.
²¹ They forgot God their Savior,
who did great things in Egypt,
²² wondrous works in the land of Ham,
awe-inspiring acts at the Red Sea.
²³ So he said he would have destroyed them —
if Moses his chosen one
had not stood before him in the breach
to turn his wrath away from destroying them.

²⁴ They despised the pleasant land
and did not believe his promise.
²⁵ They grumbled in their tents
and did not listen to the LORD.
²⁶ So he raised his hand against them with an oath
that he would make them fall in the desert
²⁷ and would disperse their descendants
among the nations,
scattering them throughout the lands.

²⁸ They aligned themselves with Baal of Peor
and ate sacrifices offered to lifeless gods.
²⁹ They angered the LORD with their deeds,
and a plague broke out against them.
³⁰ But Phinehas stood up and intervened,
and the plague was stopped.
³¹ It was credited to him as righteousness
throughout all generations to come.

³² They angered the LORD at the Waters of Meribah,
and Moses suffered because of them;
³³ for they embittered his spirit,
and he spoke rashly with his lips.

³⁴ They did not destroy the peoples
as the LORD had commanded them
³⁵ but mingled with the nations
and adopted their ways.
³⁶ They served their idols,
which became a snare to them.
³⁷ They sacrificed their sons and daughters to demons.
³⁸ They shed innocent blood —
the blood of their sons and daughters
whom they sacrificed to the idols of Canaan;

- so the land became polluted with blood.
- ³⁹ They defiled themselves by their actions
and prostituted themselves by their deeds.
- ⁴⁰ Therefore the LORD's anger burned against his people,
and he abhorred his own inheritance.
- ⁴¹ He handed them over to the nations;
those who hated them ruled over them.
- ⁴² Their enemies oppressed them,
and they were subdued under their power.
- ⁴³ He rescued them many times,
but they continued to rebel deliberately
and were beaten down by their iniquity.
- ⁴⁴ When he heard their cry,
he took note of their distress,
- ⁴⁵ remembered his covenant with them,
and relented according to the abundance
of his faithful love.
- ⁴⁶ He caused them to be pitied
before all their captors.
- ⁴⁷ Save us, LORD our God,
and gather us from the nations,
so that we may give thanks to your holy name
and rejoice in your praise.
- ⁴⁸ Blessed be the LORD God of Israel,
from everlasting to everlasting.
Let all the people say, "Amen!"
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,

as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Praise and thanksgiving be unto you, O God, who brought again from the dead our Lord Jesus Christ and set him at your right hand in the kingdom of glory. Praise and thanksgiving be unto you, O Lord Jesus Christ, you Lamb of God who has redeemed us by your blood, you heavenly Priest who ever lives to make intercession for us, you eternal King who comes again to make all things new. Praise and thanksgiving be unto you, O Holy Spirit, who has shed abroad the love of God, who makes us alive together with Christ, and makes us to sit with him in heavenly places, and to taste the good Word of God and the powers of the age to come. Blessing and glory, and wisdom and thanksgiving, and honor and power and might, be unto you our God forever and ever. Amen

Thomas F. Torrance

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 22 MORNING PRAYER

Call to Prayer

Prepare the way of the Lord in the wilderness; make a straight highway for our God in the desert.

Isaiah 40:3

Confession of Faith

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

The Apostle's Creed

Canticle

Great and awe-inspiring are your works,
Lord God, the Almighty;
just and true are your ways,
King of the nations.
Lord, who will not fear
and glorify your name?
For you alone are holy.
All the nations will come
and worship before you
because your righteous acts
have been revealed.

Revelation 15:3-4

Morning Psalms

Psalm 107

- ¹ Give thanks to the LORD, for he is good;
his faithful love endures forever.
- ² Let the redeemed of the LORD proclaim
that he has redeemed them from the power of the foe
- ³ and has gathered them from the lands —
from the east and the west,
from the north and the south.
- ⁴ Some wandered in the desolate wilderness,
finding no way to a city where they could live.
- ⁵ They were hungry and thirsty;
their spirits failed within them.
- ⁶ Then they cried out to the LORD in their trouble;
he rescued them from their distress.
- ⁷ He led them by the right path
to go to a city where they could live.
- ⁸ Let them give thanks to the LORD
for his faithful love
and his wondrous works for all humanity.
- ⁹ For he has satisfied the thirsty
and filled the hungry with good things.
- ¹⁰ Others sat in darkness and gloom —
prisoners in cruel chains —
- ¹¹ because they rebelled against God's commands
and despised the counsel of the Most High.
- ¹² He broke their spirits with hard labor;
they stumbled, and there was no one to help.
- ¹³ Then they cried out to the LORD in their trouble;
he saved them from their distress.
- ¹⁴ He brought them out of darkness and gloom
and broke their chains apart.
- ¹⁵ Let them give thanks to the LORD
for his faithful love
and his wondrous works for all humanity.
- ¹⁶ For he has broken down the bronze gates
and cut through the iron bars.
- ¹⁷ Fools suffered affliction
because of their rebellious ways and their iniquities.
- ¹⁸ They loathed all food
and came near the gates of death.

¹⁹ Then they cried out to the LORD in their trouble;
he saved them from their distress.

²⁰ He sent his word and healed them;
he rescued them from the Pit.

²¹ Let them give thanks to the LORD
for his faithful love
and his wondrous works for all humanity.

²² Let them offer sacrifices of thanksgiving
and announce his works with shouts of joy.

²³ Others went to sea in ships,
conducting trade on the vast water.

²⁴ They saw the LORD's works,
his wondrous works in the deep.

²⁵ He spoke and raised a stormy wind
that stirred up the waves of the sea.

²⁶ Rising up to the sky, sinking down to the depths,
their courage melting away in anguish,
²⁷ they reeled and staggered like a drunkard,
and all their skill was useless.

²⁸ Then they cried out to the LORD in their trouble,
and he brought them out of their distress.

²⁹ He stilled the storm to a whisper,
and the waves of the sea were hushed.

³⁰ They rejoiced when the waves grew quiet.
Then he guided them to the harbor they longed for.

³¹ Let them give thanks to the LORD
for his faithful love
and his wondrous works for all humanity.

³² Let them exalt him in the assembly of the people
and praise him in the council of the elders.

³³ He turns rivers into desert,
springs into thirsty ground,
³⁴ and fruitful land into salty wasteland,
because of the wickedness of its inhabitants.

³⁵ He turns a desert into a pool,
dry land into springs.

³⁶ He causes the hungry to settle there,
and they establish a city where they can live.

³⁷ They sow fields and plant vineyards
that yield a fruitful harvest.

³⁸ He blesses them, and they multiply greatly;
he does not let their livestock decrease.

- ³⁹ When they are diminished and are humbled
by cruel oppression and sorrow,
⁴⁰ he pours contempt on nobles
and makes them wander in a trackless wasteland.
⁴¹ But he lifts the needy out of their suffering
and makes their families multiply like flocks.
⁴² The upright see it and rejoice,
and all injustice shuts its mouth.
- ⁴³ Let whoever is wise pay attention to these things
and consider the LORD's acts of faithful love.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Stir up your 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 and deliver us; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory, now and for ever. Amen.

The Book of Common Prayer

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 22 MIDDAY PRAYER

Call to Prayer

Grace to you and peace from God our Father and the Lord Jesus Christ.

Philippians 1:2

Midday Psalms

Psalm 108

- ¹ My heart is confident, God;
I will sing; I will sing praises
with the whole of my being.
- ² Wake up, harp and lyre!
I will wake up the dawn.
- ³ I will praise you, LORD, among the peoples;
I will sing praises to you among the nations.
- ⁴ For your faithful love is higher than the heavens,
and your faithfulness reaches to the clouds.
- ⁵ God, be exalted above the heavens,
and let your glory be over the whole earth.
- ⁶ Save with your right hand and answer me
so that those you love may be rescued.

- ⁷ God has spoken in his sanctuary:
“I will celebrate!
I will divide up Shechem.
I will apportion the Valley of Succoth.
- ⁸ Gilead is mine, Manasseh is mine,
and Ephraim is my helmet;
Judah is my scepter.
- ⁹ Moab is my washbasin;
I throw my sandal on Edom.
I shout in triumph over Philistia.”

- ¹⁰ Who will bring me to the fortified city?
Who will lead me to Edom?
- ¹¹ God, haven't you rejected us?
God, you do not march out with our armies.
- ¹² Give us aid against the foe,
for human help is worthless.
- ¹³ With God we will perform valiantly;
he will trample our foes.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the LORD bless you and protect you;
may the LORD make his face shine on you and be gracious to you;
may the LORD look with favor on you and give you peace.

Numbers 6:24-26

DAY 22 EVENING PRAYER

Call to Prayer

Jesus spoke to them again: "I am the light of the world. Anyone who follows me will never walk in darkness but will have the light of life."

John 8:12

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 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 Jesus Christ,

have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

O gladsome light,
pure brightness of the everlasting 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.

Phos Hilaron

Evening Psalms

Psalm 109

- ¹ God of my praise, do not be silent.
- ² For wicked and deceitful mouths open against me;
they speak against me with lying tongues.
- ³ They surround me with hateful words
and attack me without cause.
- ⁴ In return for my love they accuse me,
but I continue to pray.
- ⁵ They repay me evil for good,
and hatred for my love.
- ⁶ Set a wicked person over him;
let an accuser stand at his right hand.
- ⁷ When he is judged, let him be found guilty,
and let his prayer be counted as sin.
- ⁸ Let his days be few;
let another take over his position.
- ⁹ Let his children be fatherless
and his wife a widow.
- ¹⁰ Let his children wander as beggars,
searching for food far from their demolished homes.

- ¹¹ Let a creditor seize all he has;
let strangers plunder what he has worked for.
- ¹² Let no one show him kindness,
and let no one be gracious to his fatherless children.
- ¹³ Let the line of his descendants be cut off;
let their name be blotted out in the next generation.
- ¹⁴ Let the iniquity of his fathers
be remembered before the LORD,
and do not let his mother's sin be blotted out.
- ¹⁵ Let their sins always remain before the LORD,
and let him remove all memory of them from the earth.
- ¹⁶ For he did not think to show kindness,
but pursued the suffering, needy, and brokenhearted
in order to put them to death.
- ¹⁷ He loved cursing — let it fall on him;
he took no delight in blessing — let it be far from him.
- ¹⁸ He wore cursing like his coat —
let it enter his body like water
and go into his bones like oil.
- ¹⁹ Let it be like a robe he wraps around himself,
like a belt he always wears.
- ²⁰ Let this be the LORD's payment to my accusers,
to those who speak evil against me.
- ²¹ But you, LORD, my Lord,
deal kindly with me for your name's sake;
because your faithful love is good, rescue me.
- ²² For I am suffering and needy;
my heart is wounded within me.
- ²³ I fade away like a lengthening shadow;
I am shaken off like a locust.
- ²⁴ My knees are weak from fasting,
and my body is emaciated.
- ²⁵ I have become an object of ridicule to my accusers;
when they see me, they shake their heads in scorn.
- ²⁶ Help me, LORD my God;
save me according to your faithful love
- ²⁷ so they may know that this is your hand
and that you, LORD, have done it.
- ²⁸ Though they curse, you will bless.
When they rise up, they will be put to shame,
but your servant will rejoice.
- ²⁹ My accusers will be clothed with disgrace;

they will wear their shame like a cloak.

³⁰ I will fervently thank the LORD with my mouth;
I will praise him in the presence of many.

³¹ For he stands at the right hand of the needy
to save him from those who would condemn him.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord Jesus, let me know myself and know you, and desire nothing but you. Let me humble myself and exalt you. Let me think of nothing except you. Let me die to myself and live in you. Let me accept whatever happens as from you. Let me banish self and follow you, and ever desire to follow you. Let me fly from myself and take refuge in you, that I may deserve to be defended by you. Let me distrust myself and put my trust in you. Let me be willing to obey for the sake of you. Let me cling to nothing save only to you, And let me be poor because of you. Look upon me, that I may love you. Call me that I may see you, and forever enjoy you.

Augustine

Blessing

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

DAY 23 MORNING PRAYER

Call to Prayer

The Word was made flesh and dwelt among us: O come, let us adore him.

Confession of Faith

I believe that Jesus Christ is the eternal Son of God become human for us and our salvation, the only Mediator between God and humanity, born of the virgin Mary, the Son of David and servant of the house of Israel, one person with two natures, truly God and truly man. He lived a fully human life, having entered into the disorder and brokenness of fallen existence, yet without sin, and in his words, deeds, attitude, and suffering embodied the free and loving communication of God's own light and life.

Adapted from the Reforming Catholic Confession

Canticle

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of the Father. Amen.

Morning Psalms

Psalm 110

- ¹ This is the declaration of the LORD
to my Lord:
“Sit at my right hand
until I make your enemies your footstool.”
- ² The LORD will extend your mighty scepter from Zion.
Rule over your surrounding enemies.

- ³ Your people will volunteer
on your day of battle.
In holy splendor, from the womb of the dawn,
the dew of your youth belongs to you.
- ⁴ The LORD has sworn an oath and will not take it back:
“You are a priest forever
according to the pattern of Melchizedek.”
- ⁵ The Lord is at your right hand;
he will crush kings on the day of his anger.
- ⁶ He will judge the nations, heaping up corpses;
he will crush leaders over the entire world.
- ⁷ He will drink from the brook by the road;
therefore, he will lift up his head.

Psalm 111

- ¹ Hallelujah!
I will praise the LORD with all my heart
in the assembly of the upright and in the congregation.
- ² The LORD’s works are great,
studied by all who delight in them.
- ³ All that he does is splendid and majestic;
his righteousness endures forever.
- ⁴ He has caused his wondrous works to be remembered.
The LORD is gracious and compassionate.
- ⁵ He has provided food for those who fear him;
he remembers his covenant forever.
- ⁶ He has shown his people the power of his works
by giving them the inheritance of the nations.
- ⁷ The works of his hands are truth and justice;
all his instructions are trustworthy.
- ⁸ They are established forever and ever,
enacted in truth and in uprightness.
- ⁹ He has sent redemption to his people.
He has ordained his covenant forever.
His name is holy and awe-inspiring.
- ¹⁰ The fear of the LORD is the beginning of wisdom;
all who follow his instructions have good insight.
His praise endures forever.

Psalm 112

- ¹ Hallelujah!
Happy is the person who fears the LORD,

taking great delight in his commands.

- ² His descendants will be powerful in the land;
the generation of the upright will be blessed.
- ³ Wealth and riches are in his house,
and his righteousness endures forever.
- ⁴ Light shines in the darkness for the upright.
He is gracious, compassionate, and righteous.
- ⁵ Good will come to the one who lends generously
and conducts his business fairly.
- ⁶ He will never be shaken.
The righteous one will be remembered forever.
- ⁷ He will not fear bad news;
his heart is confident, trusting in the LORD.
- ⁸ His heart is assured; he will not fear.
In the end he will look in triumph on his foes.
- ⁹ He distributes freely to the poor;
his righteousness endures forever.
His horn will be exalted in honor.
- ¹⁰ The wicked one will see it and be angry;
he will gnash his teeth in despair.
The desire of the wicked leads to ruin.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Eternal Father, you gave to your incarnate Son the holy name of Jesus to be the sign of our salvation: Plant in every heart, we pray, the love of him who is the Savior of the world, our Lord Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.

The Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

Ephesians 3:20-21

DAY 23 MIDDAY PRAYER

Call to Prayer

Lord, open my lips, and my mouth will declare your praise.

Psalms 51:15

Midday Psalms

Psalm 113

- ¹ Hallelujah!
Give praise, servants of the LORD;
praise the name of the LORD.
- ² Let the name of the LORD be blessed
both now and forever.
- ³ From the rising of the sun to its setting,
let the name of the LORD be praised.

- ⁴ The LORD is exalted above all the nations,
his glory above the heavens.
- ⁵ Who is like the LORD our God—
the one enthroned on high,
- ⁶ who stoops down to look
on the heavens and the earth?
- ⁷ He raises the poor from the dust
and lifts the needy from the trash heap
- ⁸ in order to seat them with nobles—
with the nobles of his people.
- ⁹ He gives the childless woman a household,

making her the joyful mother of children.
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 23 EVENING PRAYER

Call to Prayer

The Lord founded the earth by wisdom and established the heavens by understanding. By his knowledge the watery depths broke open, and the clouds dripped with dew.

Proverbs 3:19-20

Confession of sin

O Lord, the house of my soul is narrow; enlarge it that you may enter in. It is ruined, O repair it! It displeases your sight; I confess it, I know. But who shall cleanse it, or to whom shall I cry but unto you? Cleanse me from my secret faults, O Lord, and spare your servant from sin.

Augustine

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

Now, Lord,
you can dismiss your servant in peace,
as you promised.

For my eyes have seen your salvation.

You have prepared it
in the presence of all peoples—
a light for revelation to the Gentiles
and glory to your people Israel.

Luke 2:29-32

Evening Psalms

Psalm 114

- ¹ When Israel came out of Egypt —
the house of Jacob from a people
who spoke a foreign language —
- ² Judah became his sanctuary,
Israel, his dominion.

- ³ The sea looked and fled;
the Jordan turned back.
- ⁴ The mountains skipped like rams,
the hills, like lambs.
- ⁵ Why was it, sea, that you fled?
Jordan, that you turned back?
- ⁶ Mountains, that you skipped like rams?
Hills, like lambs?

- ⁷ Tremble, earth, at the presence of the Lord,
at the presence of the God of Jacob,
- ⁸ who turned the rock into a pool,
the flint into a spring.

Psalm 115

- ¹ Not to us, LORD, not to us,
but to your name give glory
because of your faithful love, because of your truth.
- ² Why should the nations say,
“Where is their God?”
- ³ Our God is in heaven
and does whatever he pleases.

- 4 Their idols are silver and gold,
made by human hands.
- 5 They have mouths but cannot speak,
eyes, but cannot see.
- 6 They have ears but cannot hear,
noses, but cannot smell.
- 7 They have hands but cannot feel,
feet, but cannot walk.
They cannot make a sound with their throats.
- 8 Those who make them are just like them,
as are all who trust in them.
- 9 Israel, trust in the LORD!
He is their help and shield.
- 10 House of Aaron, trust in the LORD!
He is their help and shield.
- 11 You who fear the LORD, trust in the LORD!
He is their help and shield.
- 12 The LORD remembers us and will bless us.
He will bless the house of Israel;
he will bless the house of Aaron;
13 he will bless those who fear the LORD —
small and great alike.
- 14 May the LORD add to your numbers,
both yours and your children's.
- 15 May you be blessed by the LORD,
the Maker of heaven and earth.
- 16 The heavens are the LORD's,
but the earth he has given to the human race.
- 17 It is not the dead who praise the LORD,
nor any of those descending into the silence of death.
- 18 But we will bless the LORD,
both now and forever.
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,

Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Eternal Light, shine into our hearts; Eternal Goodness, deliver us from evil; Eternal Power, be our support; Eternal Wisdom, scatter the darkness of our ignorance: That we may seek your face with all our heart and mind and soul and strength. Amen.

Alcuin

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 24 MORNING PRAYER

Call to Prayer

My name will be great among the nations, from the rising of the sun to its setting. Incense and pure offerings will be presented in my name in every place because my name will be great among the nations, says the Lord of Armies.

Malachi 1:11

Confession of Faith

I believe that through participating in baptism and the Lord's Supper, as well as prayer, the ministry of the Word, and other forms of corporate worship, we grow into our new reality as God's people, a holy nation, called to put on Christ through his indwelling Spirit. It is through the Spirit's enlivening power that we live in imitation of Christ as his disciples, individually and corporately, a royal priesthood that proclaims his excellent deeds and offers our bodies as spiritual sacrifices in right worship of God and sacrificial service to the world through works of love, compassion for the poor, and justice for the oppressed, always, everywhere and to everyone bearing wise witness to the way, truth, and life of Jesus Christ.

Adapted from the Reforming Catholic Confession

Canticle

Arise, shine, for your light has come,
and the glory of the LORD shines over you.
For look, darkness will cover the earth,
and total darkness the peoples;
but the LORD will shine over you,
and his glory will appear over you.
Nations will come to your light,
and kings to your shining brightness.
Your city gates will always be open;
they will never be shut day or night
so that the wealth of the nations
may be brought into you,
with their kings being led in procession.
The sons of your oppressors
will come and bow down to you;
all who reviled you
will fall facedown at your feet.
They will call you the City of the LORD,
Zion of the Holy One of Israel.
Violence will never again be heard of in your land;

devastation and destruction
will be gone from your borders.
You will call your walls Salvation
and your city gates Praise.
The sun will no longer be your light by day,
and the brightness of the moon will not shine on you.
The LORD will be your everlasting light,
and your God will be your splendor.

Isaiah 60:1-3, 11, 14, 18-19

Morning Psalms

Psalm 116

- ¹ I love the LORD because he has heard
my appeal for mercy.
- ² Because he has turned his ear to me,
I will call out to him as long as I live.

- ³ The ropes of death were wrapped around me,
and the torments of Sheol overcame me;
I encountered trouble and sorrow.
- ⁴ Then I called on the name of the LORD:
“LORD, save me!”

- ⁵ The LORD is gracious and righteous;
our God is compassionate.
- ⁶ The LORD guards the inexperienced;
I was helpless, and he saved me.
- ⁷ Return to your rest, my soul,
for the LORD has been good to you.
- ⁸ For you, LORD, rescued me from death,
my eyes from tears,
my feet from stumbling.
- ⁹ I will walk before the LORD
in the land of the living.
- ¹⁰ I believed, even when I said,
“I am severely oppressed.”
- ¹¹ In my alarm I said,
“Everyone is a liar.”

- ¹² How can I repay the LORD
for all the good he has done for me?
- ¹³ I will take the cup of salvation
and call on the name of the LORD.

- ¹⁴ I will fulfill my vows to the LORD
in the presence of all his people.
- ¹⁵ The death of his faithful ones
is valuable in the LORD's sight.
- ¹⁶ LORD, I am indeed your servant;
I am your servant, the son of your female servant.
You have loosened my bonds.
- ¹⁷ I will offer you a sacrifice of thanksgiving
and call on the name of the LORD.
- ¹⁸ I will fulfill my vows to the LORD
in the presence of all his people,
- ¹⁹ in the courts of the LORD's house —
within you, Jerusalem.
Hallelujah!

Psalm 117

- ¹ Praise the LORD, all nations!
Glorify him, all peoples!
- ² For his faithful love to us is great;
the LORD's faithfulness endures forever.
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O God, the strength of all who put their trust in you: Mercifully accept our prayers; and because in our weakness we can do nothing good without you, give us the help of your grace, that in keeping your commandments we may please you both in will and deed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Book of Common Prayer

Blessing

May God be gracious to us and bless us; may he make his face shine upon us so that your way may be known on earth, your salvation among all nations.

Psalm 67:1-2

DAY 24 MIDDAY PRAYER

Call to Prayer

The earth is the Lord's for he made it: O come let us adore him.

Midday Psalms

Psalm 118

- ¹ Give thanks to the LORD, for he is good;
his faithful love endures forever.
- ² Let Israel say,
“His faithful love endures forever.”
- ³ Let the house of Aaron say,
“His faithful love endures forever.”
- ⁴ Let those who fear the LORD say,
“His faithful love endures forever.”

- ⁵ I called to the LORD in distress;
the LORD answered me
and put me in a spacious place.
- ⁶ The LORD is for me; I will not be afraid.
What can a mere mortal do to me?
- ⁷ The LORD is my helper,
Therefore, I will look in triumph on those who hate me.

- ⁸ It is better to take refuge in the LORD
than to trust in humanity.
- ⁹ It is better to take refuge in the LORD
than to trust in nobles.

¹⁰ All the nations surrounded me;
in the name of the LORD I destroyed them.

¹¹ They surrounded me, yes, they surrounded me;
in the name of the LORD I destroyed them.

¹² They surrounded me like bees;
they were extinguished like a fire among thorns;
in the name of the LORD I destroyed them.

¹³ They pushed me hard to make me fall,
but the LORD helped me.

¹⁴ The LORD is my strength and my song;
he has become my salvation.

¹⁵ There are shouts of joy and victory
in the tents of the righteous:
“The LORD’s right hand performs valiantly!
¹⁶ The LORD’s right hand is raised.
The LORD’s right hand performs valiantly!”

¹⁷ I will not die, but I will live
and proclaim what the LORD has done.

¹⁸ The LORD disciplined me severely
but did not give me over to death.

¹⁹ Open the gates of righteousness for me;
I will enter through them
and give thanks to the LORD.

²⁰ This is the LORD’s gate;
the righteous will enter through it.

²¹ I will give thanks to you
because you have answered me
and have become my salvation.

²² The stone that the builders rejected
has become the cornerstone.

²³ This came from the LORD;
it is wondrous in our sight.

²⁴ This is the day the LORD has made;
let us rejoice and be glad in it.

²⁵ LORD, save us!
LORD, please grant us success!

²⁶ He who comes in the name
of the LORD is blessed.
From the house of the LORD we bless you.

²⁷ The LORD is God and has given us light.
Bind the festival sacrifice with cords
to the horns of the altar.

²⁸ You are my God, and I will give you thanks.

You are my God; I will exalt you.

²⁹ Give thanks to the LORD, for he is good;

his faithful love endures forever.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,

Hallowed be your name,

Your kingdom come,

Your will be done

on earth as it is in heaven

Give us this day our daily bread

And forgive us our debts,

as we also have forgiven our debtors

And lead us not into temptation

But deliver us from evil.

For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the Lord give you what your heart desires and fulfill your whole purpose. May the Lord fulfill all your requests.

Psalm 20:4, 5

DAY 24 EVENING PRAYER

Call to Prayer

Worship the Lord in the splendor of his holiness; let the whole earth tremble before him.

Psalm 96:9

Confession of sin

Merciful Lord, pardon all the sins of my life, of omission and commission, of lips, life and walk, of hard-heartedness, unbelief, pride, of bringing dishonor on your great name, of impurity in thought, word and deed, of covetousness, which is idolatry. Pardon all my sins, known and unknown, felt and unfelt, confessed and unconfessed, remembered or forgotten. Good Lord, hear; and hearing, forgive!

The Valley of Vision

As far as the east is from the west, so far has he removed our transgressions from us.

Canticle

Indeed, God is my salvation;
I will trust him and not be afraid,
for the LORD, the LORD himself,
is my strength and my song.
He has become my salvation.
You will joyfully draw water
from the springs of salvation,
and on that day you will say:
“Give thanks to the LORD; proclaim his name!
Make his works known among the peoples.
Declare that his name is exalted.
Sing to the LORD, for he has done glorious things.
Let this be known throughout the earth.
Cry out and sing, citizen of Zion,
for the Holy One of Israel is among you
in his greatness.”

Isaiah 12:2-6

Evening Psalms

Psalm 119:1-32

⌘ Aleph

- 1 How happy are those whose way is blameless,
who walk according to the LORD's instruction!
- 2 Happy are those who keep his decrees
and seek him with all their heart.
- 3 They do nothing wrong;
they walk in his ways.
- 4 You have commanded that your precepts
be diligently kept.
- 5 If only my ways were committed
to keeping your statutes!
- 6 Then I would not be ashamed
when I think about all your commands.
- 7 I will praise you with an upright heart
when I learn your righteous judgments.
- 8 I will keep your statutes;
never abandon me.

⌘ Beth

- 9 How can a young man keep his way pure?

By keeping your word.
¹⁰ I have sought you with all my heart;
don't let me wander from your commands.
¹¹ I have treasured your word in my heart
so that I may not sin against you.
¹² LORD, may you be blessed;
teach me your statutes.
¹³ With my lips I proclaim
all the judgments from your mouth.
¹⁴ I rejoice in the way revealed by your decrees
as much as in all riches.
¹⁵ I will meditate on your precepts
and think about your ways.
¹⁶ I will delight in your statutes;
I will not forget your word.

א Gimel

¹⁷ Deal generously with your servant
so that I might live;
then I will keep your word.
¹⁸ Open my eyes so that I may contemplate
wondrous things from your instruction.
¹⁹ I am a resident alien on earth;
do not hide your commands from me.
²⁰ I am continually overcome
with longing for your judgments.
²¹ You rebuke the arrogant,
the ones under a curse,
who wander from your commands.
²² Take insult and contempt away from me,
for I have kept your decrees.
²³ Though princes sit together speaking against me,
your servant will think about your statutes;
²⁴ your decrees are my delight
and my counselors.

ד Daleth

²⁵ My life is down in the dust;
give me life through your word.
²⁶ I told you about my life,
and you answered me;
teach me your statutes.
²⁷ Help me understand
the meaning of your precepts

- so that I can meditate on your wonders.
- ²⁸ I am weary from grief;
strengthen me through your word.
- ²⁹ Keep me from the way of deceit
and graciously give me your instruction.
- ³⁰ I have chosen the way of truth;
I have set your ordinances before me.
- ³¹ I cling to your decrees;
LORD, do not put me to shame.
- ³² I pursue the way of your commands,
for you broaden my understanding.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Grant me, O Lord, a listening ear to hear you and a hungry soul to long after your word. Endue me with your heavenly spirit. Give me the spirit of wisdom, that I may understand you. Give me the spirit of truth, that I may know you; your spirit of compassion that I may fear you; your spirit of grace that I may love you; your spirit of zeal that I may hunger and thirst after you; your persevering spirit that I may live and dwell and reign with you.

Elizabeth I

Blessing

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

DAY 25 MORNING PRAYER

Call to Prayer

The Lord is full of compassion and mercy: O come, let us adore him.

Confession of Faith

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

Nicene Creed

Canticle

Seek the LORD while he may be found;
call to him while he is near.
Let the wicked one abandon his way
and the sinful one his thoughts;
let him return to the LORD,
so he may have compassion on him,
and to our God, for he will freely forgive.
“For my thoughts are not your thoughts,
and your ways are not my ways.”
This is the LORD’s declaration.
“For as heaven is higher than earth,
so my ways are higher than your ways,
and my thoughts than your thoughts.
For just as rain and snow fall from heaven
and do not return there
without saturating the earth
and making it germinate and sprout,
and providing seed to sow
and food to eat,
so my word that comes from my mouth
will not return to me empty,
but it will accomplish what I please
and will prosper in what I send it to do.”

Isaiah 55:6-11

Morning Psalms

Psalm 119:33-64

He

- ³³ Teach me, LORD, the meaning of your statutes,
and I will always keep them.
- ³⁴ Help me understand your instruction,
and I will obey it
and follow it with all my heart.
- ³⁵ Help me stay on the path of your commands,
for I take pleasure in it.
- ³⁶ Turn my heart to your decrees
and not to dishonest profit.
- ³⁷ Turn my eyes
from looking at what is worthless;
give me life in your ways.
- ³⁸ Confirm what you said to your servant,
for it produces reverence for you.
- ³⁹ Turn away the disgrace I dread;
indeed, your judgments are good.
- ⁴⁰ How I long for your precepts!
Give me life through your righteousness.

Waw

- ⁴¹ Let your faithful love come to me, LORD,
your salvation, as you promised.
- ⁴² Then I can answer the one who taunts me,
for I trust in your word.
- ⁴³ Never take the word of truth from my mouth,
for I hope in your judgments.
- ⁴⁴ I will always obey your instruction,
forever and ever.
- ⁴⁵ I will walk freely in an open place
because I study your precepts.
- ⁴⁶ I will speak of your decrees before kings
and not be ashamed.
- ⁴⁷ I delight in your commands,
which I love.
- ⁴⁸ I will lift up my hands to your commands,
which I love,
and will meditate on your statutes.

† Zayin

- ⁴⁹ Remember your word to your servant;
you have given me hope through it.
⁵⁰ This is my comfort in my affliction:
Your promise has given me life.
⁵¹ The arrogant constantly ridicule me,
but I do not turn away from your instruction.
⁵² LORD, I remember your judgments from long ago
and find comfort.
⁵³ Rage seizes me because of the wicked
who reject your instruction.
⁵⁴ Your statutes are the theme of my song
during my earthly life.
⁵⁵ LORD, I remember your name in the night,
and I obey your instruction.
⁵⁶ This is my practice:
I obey your precepts.

‡ Cheth

- ⁵⁷ The LORD is my portion;
I have promised to keep your words.
⁵⁸ I have sought your favor with all my heart;
be gracious to me according to your promise.
⁵⁹ I thought about my ways
and turned my steps back to your decrees.
⁶⁰ I hurried, not hesitating
to keep your commands.
⁶¹ Though the ropes of the wicked
were wrapped around me,
I did not forget your instruction.
⁶² I rise at midnight to thank you
for your righteous judgments.
⁶³ I am a friend to all who fear you,
to those who keep your precepts.
⁶⁴ LORD, the earth is filled with your faithful love;
teach me your statutes.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,

Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty God, whose 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 your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Book of Common Prayer

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 25 MIDDAY PRAYER

Call to Prayer

The mercy of the Lord is everlasting: O come, let us adore him.

Midday Psalms

Psalm 119:65-80

† Teth

- ⁶⁵ LORD, you have treated your servant well,
just as you promised.
⁶⁶ Teach me good judgment and discernment,
for I rely on your commands.
⁶⁷ Before I was afflicted I went astray,
but now I keep your word.
⁶⁸ You are good, and you do what is good;

teach me your statutes.

⁶⁹ The arrogant have smeared me with lies,
but I obey your precepts with all my heart.

⁷⁰ Their hearts are hard and insensitive,
but I delight in your instruction.

⁷¹ It was good for me to be afflicted
so that I could learn your statutes.

⁷² Instruction from your lips is better for me
than thousands of gold and silver pieces.

Yod

⁷³ Your hands made me and formed me;
give me understanding
so that I can learn your commands.

⁷⁴ Those who fear you will see me and rejoice,
for I put my hope in your word.

⁷⁵ I know, LORD, that your judgments are just
and that you have afflicted me fairly.

⁷⁶ May your faithful love comfort me
as you promised your servant.

⁷⁷ May your compassion come to me
so that I may live,
for your instruction is my delight.

⁷⁸ Let the arrogant be put to shame
for slandering me with lies;
I will meditate on your precepts.

⁷⁹ Let those who fear you,
those who know your decrees, turn to me.

⁸⁰ May my heart be blameless regarding your statutes
so that I will not be put to shame.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,

as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 25 EVENING PRAYER

Call to Prayer

Compassion and forgiveness belong to the Lord our God, though we have rebelled against him.

Daniel 9:9

Confession of sin

Lord Jesus Christ, who stretched out your hands on the cross, and redeemed us by your blood: forgive me, a sinner, for none of my thoughts are hidden from you. Pardon I ask, pardon I hope for, pardon I trust to have. You who are full of pity and mercy: spare me, and forgive.

Ambrose

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

Glory to you, Lord God of our fathers;
you are worthy of praise; glory to you.
Glory to you for the radiance of your holy Name;
we will praise you and highly exalt you for ever.
Glory to you in the splendor of your temple;
on the throne of your majesty, glory to you.
Glory to you, seated between the Cherubim;
we will praise you and highly exalt you for ever.
Glory to you, beholding the depths;
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit;
we will praise you and highly exalt you for ever.

Song of the Three Young Men

Evening Psalms

Psalm 119:81-104

כ Kaph

- ⁸¹ I long for your salvation;
I put my hope in your word.
- ⁸² My eyes grow weary
looking for what you have promised;
I ask, “When will you comfort me?”
- ⁸³ Though I have become like a wineskin dried by smoke,
I do not forget your statutes.
- ⁸⁴ How many days must your servant wait?
When will you execute judgment on my persecutors?
- ⁸⁵ The arrogant have dug pits for me;
they violate your instruction.
- ⁸⁶ All your commands are true;
people persecute me with lies — help me!
- ⁸⁷ They almost ended my life on earth,
but I did not abandon your precepts.
- ⁸⁸ Give me life in accordance with your faithful love,
and I will obey the decree you have spoken.

ל Lamed

- ⁸⁹ LORD, your word is forever;
it is firmly fixed in heaven.
- ⁹⁰ Your faithfulness is for all generations;
you established the earth, and it stands firm.
- ⁹¹ Your judgments stand firm today,
for all things are your servants.
- ⁹² If your instruction had not been my delight,
I would have died in my affliction.
- ⁹³ I will never forget your precepts,
for you have given me life through them.
- ⁹⁴ I am yours; save me,
for I have studied your precepts.
- ⁹⁵ The wicked hope to destroy me,
but I contemplate your decrees.
- ⁹⁶ I have seen a limit to all perfection,
but your command is without limit.

מ Mem

- ⁹⁷ How I love your instruction!
It is my meditation all day long.

- ⁹⁸ Your commands make me wiser than my enemies,
for they are always with me.
- ⁹⁹ I have more insight than all my teachers
because your decrees are my meditation.
- ¹⁰⁰ I understand more than the elders
because I obey your precepts.
- ¹⁰¹ I have kept my feet from every evil path
to follow your word.
- ¹⁰² I have not turned from your judgments,
for you yourself have instructed me.
- ¹⁰³ How sweet your word is to my taste —
sweeter than honey in my mouth.
- ¹⁰⁴ I gain understanding from your precepts;
therefore I hate every false way.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord Jesus, you are light from eternal lights. You have dissolved all spiritual darkness and my soul is filled with your brightness. Your light makes all things beautiful. At night you give rest to our bodies. By day you spur us on to work. May I work with diligence and devotion, that at night my conscience is at peace. As I lay down on my bed at night, may your fingers draw down my eyelids. Lay your hand of blessing on my head that righteous sleep may descend upon me.

Gregory of Nazianzus

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 26 MORNING PRAYER

Call to Prayer

Therefore, since we have a great high priest who has passed through the heavens—Jesus the Son of God—let us hold fast to our confession. Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and grace to help us in time of need.

Hebrews 4:14, 16

Confession of Faith

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

Nicene Creed

Canticle

I will sing to the LORD,
for he is highly exalted;
he has thrown the horse
and its rider into the sea.
The LORD is my strength and my song;
he has become my salvation.
This is my God, and I will praise him,

my father's God, and I will exalt him.
The LORD is a warrior;
the LORD is his name.
He threw Pharaoh's chariots
and his army into the sea;
the elite of his officers
were drowned in the Red Sea.
The floods covered them;
they sank to the depths like a stone.
LORD, your right hand is glorious in power.
LORD, your right hand shattered the enemy.
LORD, who is like you among the gods?
Who is like you, glorious in holiness,
revered with praises, performing wonders?
You stretched out your right hand,
and the earth swallowed them.
With your faithful love,
you will lead the people
you have redeemed;
you will guide them to your holy dwelling
with your strength.
You will bring them in and plant them
on the mountain of your possession;
LORD, you have prepared the place
for your dwelling;
Lord, your hands have established the sanctuary.
The LORD will reign forever and ever!

Exodus 15:1-6, 11-13, 17-18

Morning Psalms

Psalm 119:105-128

1 Nun

- ¹⁰⁵ Your word is a lamp for my feet
and a light on my path.
¹⁰⁶ I have solemnly sworn
to keep your righteous judgments.
¹⁰⁷ I am severely afflicted;
LORD, give me life according to your word.
¹⁰⁸ LORD, please accept my freewill offerings of praise,

and teach me your judgments.
¹⁰⁹ My life is constantly in danger,
yet I do not forget your instruction.
¹¹⁰ The wicked have set a trap for me,
but I have not wandered from your precepts.
¹¹¹ I have your decrees as a heritage forever;
indeed, they are the joy of my heart.
¹¹² I am resolved to obey your statutes
to the very end.

⊔ Samek

¹¹³ I hate those who are double-minded,
but I love your instruction.
¹¹⁴ You are my shelter and my shield;
I put my hope in your word.
¹¹⁵ Depart from me, you evil ones,
so that I may obey my God's commands.
¹¹⁶ Sustain me as you promised, and I will live;
do not let me be ashamed of my hope.
¹¹⁷ Sustain me so that I can be safe
and always be concerned about your statutes.
¹¹⁸ You reject all who stray from your statutes,
for their deceit is a lie.
¹¹⁹ You remove all the wicked on earth
as if they were dross from metal;
therefore, I love your decrees.
¹²⁰ I tremble in awe of you;
I fear your judgments.

⊔ Ayin

¹²¹ I have done what is just and right;
do not leave me to my oppressors.
¹²² Guarantee your servant's well-being;
do not let the arrogant oppress me.
¹²³ My eyes grow weary looking for your salvation
and for your righteous promise.
¹²⁴ Deal with your servant based on your faithful love;
teach me your statutes.
¹²⁵ I am your servant; give me understanding
so that I may know your decrees.
¹²⁶ It is time for the LORD to act,
for they have violated your instruction.
¹²⁷ Since I love your commands
more than gold, even the purest gold,

¹²⁸ I carefully follow all your precepts
and hate every false way.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

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.

The Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever.
Amen.

Ephesians 3:20-21

DAY 26 MIDDAY PRAYER

Call to Prayer

The Lord is in his holy temple; let the whole earth be silent in his presence.

Habakkuk 2:20

Midday Psalms

Psalm 119:129-144

פ Pe

- ¹²⁹ Your decrees are wondrous;
therefore I obey them.
- ¹³⁰ The revelation of your words brings light
and gives understanding to the inexperienced.
- ¹³¹ I open my mouth and pant
because I long for your commands.
- ¹³² Turn to me and be gracious to me,
as is your practice toward those who love your name.
- ¹³³ Make my steps steady through your promise;
don't let any sin dominate me.
- ¹³⁴ Redeem me from human oppression,
and I will keep your precepts.
- ¹³⁵ Make your face shine on your servant,
and teach me your statutes.
- ¹³⁶ My eyes pour out streams of tears
because people do not follow your instruction.

צ Tsade

- ¹³⁷ You are righteous, LORD,
and your judgments are just.
- ¹³⁸ The decrees you issue are righteous
and altogether trustworthy.
- ¹³⁹ My anger overwhelms me
because my foes forget your words.
- ¹⁴⁰ Your word is completely pure,
and your servant loves it.
- ¹⁴¹ I am insignificant and despised,
but I do not forget your precepts.
- ¹⁴² Your righteousness is an everlasting righteousness,
and your instruction is true.
- ¹⁴³ Trouble and distress have overtaken me,
but your commands are my delight.

¹⁴⁴ Your decrees are righteous forever.
Give me understanding, and I will live.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May your faithful love rest on us, Lord, for we put our hope in you.

Psalm 33:22

DAY 26 EVENING PRAYER

Call to Prayer

For Christ did not enter a sanctuary made with hands (only a model of the true one) but into heaven itself, so that he might now appear in the presence of God for us.

Hebrews 9:24

Confession of sin

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

How joyful is the one whose transgression is forgiven, whose sin is covered!

Canticle

Alleluia. Christ our Passover has been sacrificed,
therefore let us observe the feast,
Not with old leaven, or with the leaven of malice and evil,
but with the unleavened bread of sincerity and truth. Alleluia.

Christ, having been raised from the dead, will not die again;
death no longer rules over him.

For the death that he died, he died to sin once for all time,
but the life he lives, he lives to God.

So, you too consider yourselves dead to sin
and alive to God in Christ Jesus. Alleluia.

Christ has been raised from the dead,
the firstfruits of those who have fallen asleep.

For since death came through a man,
the resurrection of the dead also comes through a man.

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

1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Evening Psalms

Psalm 119:145-176

ק Qoph

- ¹⁴⁵ I call with all my heart; answer me, LORD.
I will obey your statutes.
- ¹⁴⁶ I call to you; save me,
and I will keep your decrees.
- ¹⁴⁷ I rise before dawn and cry out for help;
I put my hope in your word.
- ¹⁴⁸ I am awake through each watch of the night
to meditate on your promise.
- ¹⁴⁹ In keeping with your faithful love, hear my voice.
LORD, give me life in keeping with your justice.
- ¹⁵⁰ Those who pursue evil plans come near;
they are far from your instruction.
- ¹⁵¹ You are near, LORD,
and all your commands are true.
- ¹⁵² Long ago I learned from your decrees
that you have established them forever.

ר Resh

- ¹⁵³ Consider my affliction and rescue me,
for I have not forgotten your instruction.
- ¹⁵⁴ Champion my cause and redeem me;
give me life as you promised.
- ¹⁵⁵ Salvation is far from the wicked

because they do not study your statutes.
¹⁵⁶ Your compassions are many, LORD;
give me life according to your judgments.
¹⁵⁷ My persecutors and foes are many.
I have not turned from your decrees.
¹⁵⁸ I have seen the disloyal and feel disgust
because they do not keep your word.
¹⁵⁹ Consider how I love your precepts;
LORD, give me life according to your faithful love.
¹⁶⁰ The entirety of your word is truth,
each of your righteous judgments endures forever.

𐤑 Sin / 𐤑 Shin

¹⁶¹ Princes have persecuted me without cause,
but my heart fears only your word.
¹⁶² I rejoice over your promise
like one who finds vast treasure.
¹⁶³ I hate and abhor falsehood,
but I love your instruction.
¹⁶⁴ I praise you seven times a day
for your righteous judgments.
¹⁶⁵ Abundant peace belongs to those
who love your instruction;
nothing makes them stumble.
¹⁶⁶ LORD, I hope for your salvation
and carry out your commands.
¹⁶⁷ I obey your decrees
and love them greatly.
¹⁶⁸ I obey your precepts and decrees,
for all my ways are before you.

𐤎 Taw

¹⁶⁹ Let my cry reach you, LORD;
give me understanding according to your word.
¹⁷⁰ Let my plea reach you;
rescue me according to your promise.
¹⁷¹ My lips pour out praise,
for you teach me your statutes.
¹⁷² My tongue sings about your promise,
for all your commands are righteous.
¹⁷³ May your hand be ready to help me,
for I have chosen your precepts.
¹⁷⁴ I long for your salvation, LORD,
and your instruction is my delight.

¹⁷⁵ Let me live, and I will praise you;
may your judgments help me.
¹⁷⁶ I wander like a lost sheep;
seek your servant,
for I do not forget your commands.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

May God the Father, and the Eternal High Priest Jesus Christ, build us up in faith and truth and love, and grant to us our portion among the saints with all those who believe on our Lord Jesus Christ. We pray for all saints, for kings and rulers, for the enemies of the Cross of Christ, and for ourselves we pray that our fruit may abound and we may be made perfect in Christ Jesus our Lord. Amen.

St. Polycarp

Blessing

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

DAY 27 MORNING PRAYER

Call to Prayer

The Spirit of the Lord renews the face of the earth: O come, let us adore him.

Confession of Faith

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

Nicene Creed

Canticle

Blessed is the Lord, the God of Israel,
because he has visited
and provided redemption for his people.
He has raised up a horn of salvation for us
in the house of his servant David,
just as he spoke by the mouth
of his holy prophets in ancient times;
salvation from our enemies
and from the hand of those who hate us.
He has dealt mercifully with our ancestors
and remembered his holy covenant—
the oath that he swore to our father Abraham,
to grant that we,
having been rescued
from the hand of our enemies,
would serve him without fear
in holiness and righteousness
in his presence all our days.
And you, child, will be called
a prophet of the Most High,
for you will go before the Lord
to prepare his ways,
to give his people knowledge of salvation
through the forgiveness of their sins.

Because of our God's merciful compassion,
the dawn from on high will visit us
to shine on those who live in darkness
and the shadow of death,
to guide our feet into the way of peace.

Luke 1:68-79

Morning Psalms

Psalm 120

- ¹ In my distress I called to the LORD,
and he answered me.
- ² "LORD, rescue me from lying lips
and a deceitful tongue."
- ³ What will he give you,
and what will he do to you,
you deceitful tongue?
- ⁴ A warrior's sharp arrows
with burning charcoal!
- ⁵ What misery that I have stayed in Meshech,
that I have lived among the tents of Kedar!
- ⁶ I have dwelt too long
with those who hate peace.
- ⁷ I am for peace; but when I speak,
they are for war.

Psalm 121

- ¹ I lift my eyes toward the mountains.
Where will my help come from?
- ² My help comes from the LORD,
the Maker of heaven and earth.
- ³ He will not allow your foot to slip;
your Protector will not slumber.
- ⁴ Indeed, the Protector of Israel
does not slumber or sleep.
- ⁵ The LORD protects you;
the LORD is a shelter right by your side.
- ⁶ The sun will not strike you by day
or the moon by night.

- 7 The LORD will protect you from all harm;
he will protect your life.
8 The LORD will protect your coming and going
both now and forever.

Psalm 122

- 1 I rejoiced with those who said to me,
“Let us go to the house of the LORD.”
2 Our feet were standing
within your gates, Jerusalem —
3 Jerusalem, built as a city should be,
solidly united,
4 where the tribes, the LORD’s tribes, go up
to give thanks to the name of the LORD.
(This is an ordinance for Israel.)
5 There, thrones for judgment are placed,
thrones of the house of David.
6 Pray for the well-being of Jerusalem:
“May those who love you be secure;
7 may there be peace within your walls,
security within your fortresses.”
8 Because of my brothers and friends,
I will say, “May peace be in you.”
9 Because of the house of the LORD our God,
I will pursue your prosperity.

Psalm 123

- 1 I lift my eyes to you,
the one enthroned in heaven.
2 Like a servant’s eyes on his master’s hand,
like a servant girl’s eyes on her mistress’s hand,
so our eyes are on the LORD our God
until he shows us favor.
3 Show us favor, LORD, show us favor,
for we’ve had more than enough contempt.
4 We’ve had more than enough
scorn from the arrogant
and contempt from the proud.

Psalm 124

- 1 If the LORD had not been on our side —
let Israel say —

- 2 If the LORD had not been on our side
when people attacked us,
3 then they would have swallowed us alive
in their burning anger against us.
4 Then the water would have engulfed us;
the torrent would have swept over us;
5 the raging water would have swept over us.
- 6 Blessed be the LORD,
who has not let us be ripped apart by their teeth.
7 We have escaped like a bird from the hunter's net;
the net is torn, and we have escaped.
8 Our help is in the name of the LORD,
the Maker of heaven and earth.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty and merciful God, it is only by your gift that your faithful people offer you true and laudable service: Grant that we may run without stumbling to obtain your heavenly promises; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Book of Common Prayer

Blessing

Now may the God of hope fill you with all joy and peace as you believe, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

DAY 27 MIDDAY PRAYER

Call to Prayer

An hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth. Yes, the Father wants such people to worship him.

John 4:23

Midday Psalms

Psalm 125

- ¹ Those who trust in the LORD are like Mount Zion.
It cannot be shaken; it remains forever.
- ² The mountains surround Jerusalem
and the LORD surrounds his people,
both now and forever.
- ³ The scepter of the wicked will not remain
over the land allotted to the righteous,
so that the righteous will not apply their hands to injustice.
- ⁴ Do what is good, LORD, to the good,
to those whose hearts are upright.
- ⁵ But as for those who turn aside to crooked ways,
the LORD will banish them with the evildoers.

Peace be with Israel.

Psalm 126

- ¹ When the LORD restored the fortunes of Zion,
we were like those who dream.
- ² Our mouths were filled with laughter then,
and our tongues with shouts of joy.
Then they said among the nations,
“The LORD has done great things for them.”
- ³ The LORD had done great things for us;
we were joyful.
- ⁴ Restore our fortunes, LORD,
like watercourses in the Negev.
- ⁵ Those who sow in tears
will reap with shouts of joy.
- ⁶ Though one goes along weeping,
carrying the bag of seed,
he will surely come back with shouts of joy,
carrying his sheaves.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

May the Lord give you what your heart desires and fulfill your whole purpose. May the Lord fulfill all your requests.

Psalm 20:4, 5

DAY 27 EVENING PRAYER

Call to Prayer

There is a river — its streams delight the city of God, the holy dwelling place of the Most High.

Psalm 46:4

Confession of sin

Lord Jesus, give me a deeper repentance, a horror of sin, a dread of its approach. Help me to flee it and jealously to resolve that my heart shall be yours alone. Give me a deeper trust, that I may lose myself to find myself in you, the ground of my rest, the spring of my being. Give me a deeper knowledge of you as Savior, Master, Lord, and King. Give me deeper power in private prayer, more sweetness in your Word, more steadfast grip on its truth. Give me deeper holiness in speech, thought, action, and let me not seek moral virtue apart from you.

The Valley of Vision

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
because he has looked with favor
on the humble condition of his servant.
Surely, from now on all generations
will call me blessed,
because the Mighty One
has done great things for me,
and his name is holy.
His mercy is from generation to generation
on those who fear him.
He has done a mighty deed with his arm;
he has scattered the proud
because of the thoughts of their hearts;
he has toppled the mighty from their thrones
and exalted the lowly.
He has satisfied the hungry with good things
and sent the rich away empty.
He has helped his servant Israel,
remembering his mercy
to Abraham and his descendants forever,
just as he spoke to our ancestors.

Luke 1:46-55

Evening Psalms

Psalm 127

- ¹ Unless the LORD builds a house,
its builders labor over it in vain;
unless the LORD watches over a city,
the watchman stays alert in vain.
- ² In vain you get up early and stay up late,
working hard to have enough food—
yes, he gives sleep to the one he loves.
- ³ Sons are indeed a heritage from the LORD,
offspring, a reward.
- ⁴ Like arrows in the hand of a warrior
are the sons born in one's youth.
- ⁵ Happy is the man who has filled his quiver with them.
They will never be put to shame

when they speak with their enemies at the city gate.

Psalm 128

- ¹ How happy is everyone who fears the LORD,
who walks in his ways!
- ² You will surely eat
what your hands have worked for.
You will be happy,
and it will go well for you.
- ³ Your wife will be like a fruitful vine
within your house,
your children, like young olive trees
around your table.
- ⁴ In this very way
the man who fears the LORD
will be blessed.
- ⁵ May the LORD bless you from Zion,
so that you will see the prosperity of Jerusalem
all the days of your life
- ⁶ and will see your children's children!

Peace be with Israel.

Psalm 129

- ¹ Since my youth they have often attacked me —
let Israel say —
- ² Since my youth they have often attacked me,
but they have not prevailed against me.
- ³ Plowmen plowed over my back;
they made their furrows long.
- ⁴ The LORD is righteous;
he has cut the ropes of the wicked.
- ⁵ Let all who hate Zion
be driven back in disgrace.
- ⁶ Let them be like grass on the rooftops,
which withers before it grows up
- ⁷ and can't even fill the hands of the reaper
or the arms of the one who binds sheaves.
- ⁸ Then none who pass by will say,
"May the LORD's blessing be on you.
We bless you in the name of the LORD."

Psalm 130

- ¹ Out of the depths I call to you, LORD!
² Lord, listen to my voice;
let your ears be attentive
to my cry for help.
- ³ LORD, if you kept an account of iniquities,
Lord, who could stand?
⁴ But with you there is forgiveness,
so that you may be revered.
- ⁵ I wait for the LORD; I wait
and put my hope in his word.
⁶ I wait for the Lord
more than watchmen for the morning—
more than watchmen for the morning.
- ⁷ Israel, put your hope in the LORD.
For there is faithful love with the LORD,
and with him is redemption in abundance.
⁸ And he will redeem Israel
from all its iniquities.

Psalm 131

- ¹ LORD, my heart is not proud;
my eyes are not haughty.
I do not get involved with things
too great or too wondrous for me.
² Instead, I have calmed and quieted my soul
like a weaned child with its mother;
my soul is like a weaned child.
- ³ Israel, put your hope in the LORD,
both now and forever.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done

on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O merciful God, whatever you may deny me, do not deny me this love. Save me from the idolatry of loving the world, or any of the things of the world. Let me never love any creature but for your sake and in subordination to your love. Take full possession of my heart; raise there your throne and command there as you do in heaven. Being created by You, let me live to you; being created for you, let me ever act for your glory; being redeemed by you, let me render to you what is yours and let my spirit ever cleave to you alone.

John Wesley

Blessing

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

DAY 28 MORNING PRAYER

Call to Prayer

Holy, holy, holy, Lord God, the Almighty, who was, who is, and who is to come.

Revelation 4:8

Confession of Faith

I believe there is one God, infinitely great and good, the creator and sustainer of all things visible and invisible, the one true source of light and life, who has life in himself and lives eternally in glorious light and sovereign love in three persons – Father, Son, and Holy Spirit – co-equal in nature, majesty, and glory. Everything God does in creating, sustaining, judging, and redeeming the world reflects who God is, the one whose perfections, including love, holiness, knowledge, wisdom, power, and righteousness, have been revealed in the history of salvation. God has freely purposed from before the foundation of the world to elect and form a people for himself to be his treasured possession, to the praise of his glory.

Adapted from the Reforming Catholic Confession

Canticle

Our Lord and God,
you are worthy to receive
glory and honor and power,
because you have created all things,
and by your will
they exist and were created.
You are worthy to take the scroll
and to open its seals,
because you were slaughtered,
and you purchased people
for God by your blood
from every tribe and language
and people and nation.
You made them a kingdom
and priests to our God,
and they will reign on the earth.
Blessing and honor and glory and power
be to the one seated on the throne,
and to the Lamb, forever and ever!
Amen.

Revelation 4:11; 5:9-10, 13, 14

Morning Psalms

Psalm 132

- ¹ LORD, remember David
and all the hardships he endured,
² and how he swore an oath to the LORD,
making a vow to the Mighty One of Jacob:
³ “I will not enter my house
or get into my bed,
⁴ I will not allow my eyes to sleep
or my eyelids to slumber
⁵ until I find a place for the LORD,
a dwelling for the Mighty One of Jacob.”
- ⁶ We heard of the ark in Ephrathah;
we found it in the fields of Jaar.
⁷ Let us go to his dwelling place;
let us worship at his footstool.
⁸ Rise up, LORD, come to your resting place,
you and your powerful ark.
⁹ May your priests be clothed with righteousness,
and may your faithful people shout for joy.
¹⁰ For the sake of your servant David,
do not reject your anointed one.
- ¹¹ The LORD swore an oath to David,
a promise he will not abandon:
“I will set one of your offspring
on your throne.
¹² If your sons keep my covenant
and my decrees that I will teach them,
their sons will also sit on your throne forever.”
- ¹³ For the LORD has chosen Zion;
he has desired it for his home:
¹⁴ “This is my resting place forever;
I will make my home here
because I have desired it.
¹⁵ I will abundantly bless its food;
I will satisfy its needy with bread.
¹⁶ I will clothe its priests with salvation,
and its faithful people will shout for joy.
¹⁷ There I will make a horn grow for David;
I have prepared a lamp for my anointed one.
¹⁸ I will clothe his enemies with shame,
but the crown he wears will be glorious.”

Psalm 133

- ¹ How good and pleasant it is
when brothers live together in harmony!
- ² It is like fine oil on the head,
running down on the beard,
running down Aaron's beard
onto his robes.
- ³ It is like the dew of Hermon
falling on the mountains of Zion.
For there the LORD has appointed the blessing —
life forevermore.

Psalm 137

- ¹ By the rivers of Babylon —
there we sat down and wept
when we remembered Zion.
- ² There we hung up our lyres
on the poplar trees,
- ³ for our captors there asked us for songs,
and our tormentors, for rejoicing:
“Sing us one of the songs of Zion.”

- ⁴ How can we sing the LORD's song
on foreign soil?
- ⁵ If I forget you, Jerusalem,
may my right hand forget its skill.
- ⁶ May my tongue stick to the roof of my mouth
if I do not remember you,
if I do not exalt Jerusalem as my greatest joy!

- ⁷ Remember, LORD, what the Edomites said
that day at Jerusalem:
“Destroy it! Destroy it
down to its foundations!”
- ⁸ Daughter Babylon, doomed to destruction,
happy is the one who pays you back
what you have done to us.
- ⁹ Happy is he who takes your little ones
and dashes them against the rocks.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Book of Common Prayer

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 28 MIDDAY PRAYER

Call to Prayer

Send your light and your truth; let them lead me. Let them bring me to your holy mountain, to your dwelling place.

Psalms 43:3

Midday Psalms

Psalm 135

- ¹ Hallelujah!
Praise the name of the LORD.
Give praise, you servants of the LORD
- ² who stand in the house of the LORD,

- in the courts of the house of our God.
- ³ Praise the LORD, for the LORD is good;
sing praise to his name, for it is delightful.
- ⁴ For the LORD has chosen Jacob for himself,
Israel as his treasured possession.
- ⁵ For I know that the LORD is great;
our Lord is greater than all gods.
- ⁶ The LORD does whatever he pleases
in heaven and on earth,
in the seas and all the depths.
- ⁷ He causes the clouds to rise from the ends of the earth.
He makes lightning for the rain
and brings the wind from his storehouses.
- ⁸ He struck down the firstborn of Egypt,
both people and animals.
- ⁹ He sent signs and wonders against you, Egypt,
against Pharaoh and all his officials.
- ¹⁰ He struck down many nations
and slaughtered mighty kings:
- ¹¹ Sihon king of the Amorites,
Og king of Bashan,
and all the kings of Canaan.
- ¹² He gave their land as an inheritance,
an inheritance to his people Israel.
- ¹³ LORD, your name endures forever,
your reputation, LORD,
through all generations.
- ¹⁴ For the LORD will vindicate his people
and have compassion on his servants.
- ¹⁵ The idols of the nations are of silver and gold,
made by human hands.
- ¹⁶ They have mouths but cannot speak,
eyes, but cannot see.
- ¹⁷ They have ears but cannot hear;
indeed, there is no breath in their mouths.
- ¹⁸ Those who make them are just like them,
as are all who trust in them.
- ¹⁹ House of Israel, bless the LORD!
House of Aaron, bless the LORD!
- ²⁰ House of Levi, bless the LORD!

You who revere the LORD, bless the LORD!
²¹ Blessed be the LORD from Zion;
he dwells in Jerusalem.
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 28 EVENING PRAYER

Call to Prayer

I will bless the Lord who counsels me — even at night when my thoughts trouble me. I always let the Lord guide me. Because he is at my right hand, I will not be shaken.

Psalm 16:7-8

Confession of sin

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

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

You are God: we praise you;
You are the Lord; we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you;
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not shun the Virgin's womb.
You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come and be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

Te Deum

Evening Psalms

Psalm 134

- ¹ Now bless the LORD,
all you servants of the LORD
who stand in the LORD's house at night!
- ² Lift up your hands in the holy place
and bless the LORD!
- ³ May the LORD,
Maker of heaven and earth,
bless you from Zion.

Psalm 136

- ¹ Give thanks to the LORD, for he is good.
His faithful love endures forever.
- ² Give thanks to the God of gods.
His faithful love endures forever.
- ³ Give thanks to the Lord of lords.
His faithful love endures forever.
- ⁴ He alone does great wonders.
His faithful love endures forever.
- ⁵ He made the heavens skillfully.
His faithful love endures forever.
- ⁶ He spread the land on the waters.
His faithful love endures forever.
- ⁷ He made the great lights:
His faithful love endures forever.
- ⁸ the sun to rule by day,
His faithful love endures forever.
- ⁹ the moon and stars to rule by night.
His faithful love endures forever.
- ¹⁰ He struck the firstborn of the Egyptians
His faithful love endures forever.
- ¹¹ and brought Israel out from among them
His faithful love endures forever.
- ¹² with a strong hand and outstretched arm.
His faithful love endures forever.
- ¹³ He divided the Red Sea
His faithful love endures forever.
- ¹⁴ and led Israel through,
His faithful love endures forever.
- ¹⁵ but hurled Pharaoh and his army into the Red Sea.
His faithful love endures forever.
- ¹⁶ He led his people in the wilderness.
His faithful love endures forever.
- ¹⁷ He struck down great kings
His faithful love endures forever.
- ¹⁸ and slaughtered famous kings —
His faithful love endures forever.
- ¹⁹ Sihon king of the Amorites
His faithful love endures forever.
- ²⁰ and Og king of Bashan —
His faithful love endures forever.
- ²¹ and gave their land as an inheritance,
His faithful love endures forever.
- ²² an inheritance to Israel his servant.
His faithful love endures forever.

- ²³ He remembered us in our humiliation
His faithful love endures forever.
²⁴ and rescued us from our foes.
His faithful love endures forever.
²⁵ He gives food to every creature.
His faithful love endures forever.
²⁶ Give thanks to the God of heaven!
His faithful love endures forever.

Psalm 138

- ¹ I will give you thanks with all my heart;
I will sing your praise before the heavenly beings.
² I will bow down toward your holy temple
and give thanks to your name
for your constant love and truth.
You have exalted your name
and your promise above everything else.
³ On the day I called, you answered me;
you increased strength within me.

⁴ All the kings on earth will give you thanks, LORD,
when they hear what you have promised.
⁵ They will sing of the LORD's ways,
for the LORD's glory is great.
⁶ Though the LORD is exalted,
he takes note of the humble;
but he knows the haughty from a distance.

⁷ If I walk into the thick of danger,
you will preserve my life
from the anger of my enemies.
You will extend your hand;
your right hand will save me.
⁸ The LORD will fulfill his purpose for me.
LORD, your faithful love endures forever;
do not abandon the work of your hands.

Gloria

Glorify be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,

Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Grant me, O Lord my God,
a mind to know you,
a heart to seek you,
wisdom to find you,
conduct pleasing to you,
faithful perseverance in waiting for you,
and a hope of finally embracing you.
Amen.

Thomas Aquinas

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 29 MORNING PRAYER

Call to Prayer

Worship the Lord in the beauty of holiness: O come, let us adore him.

Confession of Faith

I believe that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures, and that he appeared to Cephas, then to the Twelve. Then he appeared to over five hundred brothers and sisters at one time.

1 Corinthians 15:3-6

Canticle

May the name of God
be praised forever and ever,
for wisdom and power belong to him.
He changes the times and seasons;
he removes kings and establishes kings.
He gives wisdom to the wise
and knowledge to those
who have understanding.
He reveals the deep and hidden things;
he knows what is in the darkness,
and light dwells with him.

Daniel 2:20-23

Morning Psalms

Psalm 139

- ¹ LORD, you have searched me and known me.
- ² You know when I sit down and when I stand up;
you understand my thoughts from far away.
- ³ You observe my travels and my rest;
you are aware of all my ways.
- ⁴ Before a word is on my tongue,
you know all about it, LORD.
- ⁵ You have encircled me;
you have placed your hand on me.
- ⁶ This wondrous knowledge is beyond me.
It is lofty; I am unable to reach it.

- ⁷ Where can I go to escape your Spirit?
Where can I flee from your presence?

⁸ If I go up to heaven, you are there;
if I make my bed in Sheol, you are there.

⁹ If I live at the eastern horizon
or settle at the western limits,
¹⁰ even there your hand will lead me;
your right hand will hold on to me.

¹¹ If I say, “Surely the darkness will hide me,
and the light around me will be night” —
¹² even the darkness is not dark to you.
The night shines like the day;
darkness and light are alike to you.

¹³ For it was you who created my inward parts;
you knit me together in my mother’s womb.

¹⁴ I will praise you
because I have been remarkably and wondrously made.
Your works are wondrous,
and I know this very well.

¹⁵ My bones were not hidden from you
when I was made in secret,
when I was formed in the depths of the earth.

¹⁶ Your eyes saw me when I was formless;
all my days were written in your book and planned
before a single one of them began.

¹⁷ God, how precious your thoughts are to me;
how vast their sum is!

¹⁸ If I counted them,
they would outnumber the grains of sand;
when I wake up, I am still with you.

¹⁹ God, if only you would kill the wicked —
you bloodthirsty men, stay away from me —
²⁰ who invoke you deceitfully.
Your enemies swear by you falsely.

²¹ LORD, don’t I hate those who hate you,
and detest those who rebel against you?

²² I hate them with extreme hatred;
I consider them my enemies.

²³ Search me, God, and know my heart;
test me and know my concerns.

²⁴ See if there is any offensive way in me;
lead me in the everlasting way.

Psalm 140

- ¹ Rescue me, LORD, from evil men.
Keep me safe from violent men
- ² who plan evil in their hearts.
They stir up wars all day long.
- ³ They make their tongues
as sharp as a snake's bite;
viper's venom is under their lips. Selah
- ⁴ Protect me, LORD,
from the power of the wicked.
Keep me safe from violent men
who plan to make me stumble.
- ⁵ The proud hide a trap with ropes for me;
they spread a net along the path
and set snares for me. Selah
- ⁶ I say to the LORD, "You are my God."
Listen, LORD, to my cry for help.
- ⁷ LORD, my Lord, my strong Savior,
you shield my head on the day of battle.
- ⁸ LORD, do not grant the desires of the wicked;
do not let them achieve their goals.
Otherwise, they will become proud. Selah
- ⁹ When those who surround me rise up,
may the trouble their lips cause overwhelm them.
- ¹⁰ Let hot coals fall on them.
Let them be thrown into the fire,
into the abyss, never again to rise.
- ¹¹ Do not let a slanderer stay in the land.
Let evil relentlessly hunt down a violent man.
- ¹² I know that the LORD upholds
the just cause of the poor,
justice for the needy.
- ¹³ Surely the righteous will praise your name;
the upright will live in your presence.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Almighty and everlasting God, in Christ you have revealed your glory among the nations: Preserve the works of your mercy, that your Church throughout the world may persevere with steadfast faith in the confession of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

The Book of Common Prayer

Blessing

The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of His Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. Amen.

DAY 29 MIDDAY PRAYER

Call to Prayer

For the High and Exalted One, who lives forever, whose name is holy, says this: "I live in a high and holy place, and with the oppressed and lowly of spirit, to revive the spirit of the lowly and revive the heart of the oppressed."

Isaiah 57:15

Midday Psalms

Psalm 141

- ¹ LORD, I call on you; hurry to help me.
Listen to my voice when I call on you.

- ² May my prayer be set before you as incense,
the raising of my hands as the evening offering.
- ³ LORD, set up a guard for my mouth;
keep watch at the door of my lips.
- ⁴ Do not let my heart turn to any evil thing
or perform wicked acts
with men who commit sin.
Do not let me feast on their delicacies.
- ⁵ Let the righteous one strike me —
it is an act of faithful love;
let him rebuke me —
it is oil for my head;
let me not refuse it.
Even now my prayer is against
the evil acts of the wicked.
- ⁶ When their rulers will be thrown off
the sides of a cliff,
the people will listen to my words,
for they are pleasing.
- ⁷ As when one plows and breaks up the soil,
turning up rocks,
so our bones have been scattered
at the mouth of Sheol.
- ⁸ But my eyes look to you, LORD, my Lord.
I seek refuge in you; do not let me die.
- ⁹ Protect me from the trap they have set for me,
and from the snares of evildoers.
- ¹⁰ Let the wicked fall into their own nets,
while I pass by safely.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now,
and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread

And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all.

2 Corinthians 13:14

DAY 29 EVENING PRAYER

Call to Prayer

May my prayer be set before you as incense, the raising of my hands as the evening offering.

Psalms 141:2

Confession of sin

O Lord and Master, I am unworthy both of heaven and of earth, because I have surrendered myself to sin, and become the slave of worldly pleasures. Yet, since you created me, and since you can shape me as you want, I do not despair of salvation; but made bold by your compassionate love, I come before you. Receive me, dear Lord, as you received the harlot, the thief, the tax collector and even the prodigal son. You love all people, so pour out your love upon me. Lift from me the heavy burden of sin, cleanse every stain of unrighteousness from me, and wash me white with the waters of holiness.

Basil of Caesarea

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Canticle

Born as a Son,
led forth as a lamb,
sacrificed as a sheep,
buried as a man,
he rose from the dead as a God,
for he was by nature God and man.
He is all things:
he judges, and so he is law;
he teaches, and so he is wisdom;
he saves, and so he is grace;
he is begotten, and so he is Son;

he suffers, and so he is sacrifice;
he is buried, and so he is man;
he rises again, and so he is God.
This is Jesus Christ,
to whom belongs glory for all ages.

Melito of Sardis

Evening Psalms

Psalm 142

- ¹ I cry aloud to the LORD;
I plead aloud to the LORD for mercy.
- ² I pour out my complaint before him;
I reveal my trouble to him.
- ³ Although my spirit is weak within me,
you know my way.

Along this path I travel
they have hidden a trap for me.

- ⁴ Look to the right and see:
no one stands up for me;
there is no refuge for me;
no one cares about me.
- ⁵ I cry to you, LORD;
I say, "You are my shelter,
my portion in the land of the living."
- ⁶ Listen to my cry,
for I am very weak.
Rescue me from those who pursue me,
for they are too strong for me.
- ⁷ Free me from prison
so that I can praise your name.
The righteous will gather around me
because you deal generously with me.

Psalm 143

- ¹ LORD, hear my prayer.
In your faithfulness listen to my plea,
and in your righteousness answer me.
- ² Do not bring your servant into judgment,
for no one alive is righteous in your sight.
- ³ For the enemy has pursued me,

- crushing me to the ground,
making me live in darkness
like those long dead.
- ⁴ My spirit is weak within me;
my heart is overcome with dismay.
- ⁵ I remember the days of old;
I meditate on all you have done;
I reflect on the work of your hands.
- ⁶ I spread out my hands to you;
I am like parched land before you. Selah
- ⁷ Answer me quickly, LORD;
my spirit fails.
Don't hide your face from me,
or I will be like those
going down to the Pit.
- ⁸ Let me experience
your faithful love in the morning,
for I trust in you.
Reveal to me the way I should go
because I appeal to you.
- ⁹ Rescue me from my enemies, LORD;
I come to you for protection.
- ¹⁰ Teach me to do your will,
for you are my God.
May your gracious Spirit
lead me on level ground.
- ¹¹ For your name's sake, LORD,
let me live.
In your righteousness deliver me from trouble,
- ¹² and in your faithful love destroy my enemies.
Wipe out all those who attack me,
for I am your servant.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,

Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord, grant us the gift of understanding, by which your precepts may enlighten our minds. Grant us counsel, by which we may follow in your footsteps on the path of righteousness. Grant us courage, by which we may ward off the enemy's attacks. Grant us knowledge, by which we can distinguish good from evil. Grant us piety, by which we may acquire compassionate hearts. Grant us fear, by which we may draw back from evil and submit to what is good. Grant us wisdom, that we may taste fully the life-giving sweetness of your love.

Bonaventura

Blessing

The Almighty and merciful Lord, Father, Son, and Holy Spirit,
bless us and keep us, this night and evermore. Amen.

DAY 30 MORNING PRAYER

Call to Prayer

May the words of my mouth and the meditation of my heart be acceptable to you, Lord my rock and my redeemer.

Psalm 19:14

Confession of Faith

I believe that in God's own time and way, the bodily risen and ascended Christ will visibly return to consummate God's purpose for the whole cosmos through his victory over death and the devil. He will judge the world, consigning any who persist in unbelief to an everlasting fate apart from him, where his life and light are no more. Yet he will prepare his people as a bride for the marriage supper of the Lamb, giving rest to restless hearts and life to glorified bodies as we exult in joyful fellowship with our Lord and delight in the new heaven and the new earth. There we shall reign with him and see him face to face, forever rapt in wonder, love, and praise.

Adapted from the Reforming Catholic Confession

Canticle

Blessed be your glorious name,
and may it be exalted above all blessing and praise.
You, LORD, are the only God.
You created the heavens,
the highest heavens with all their stars,
the earth and all that is on it,
the seas and all that is in them.
You give life to all of them,
and all the stars of heaven worship you.

Nehemiah 9:5-6

Morning Psalms

Psalm 144

- ¹ Blessed be the LORD, my rock
who trains my hands for battle
and my fingers for warfare.
- ² He is my faithful love and my fortress,
my stronghold and my deliverer.
He is my shield, and I take refuge in him;
he subdues my people under me.
- ³ LORD, what is a human that you care for him,
a son of man that you think of him?

- ⁴ A human is like a breath;
his days are like a passing shadow.
- ⁵ LORD, part your heavens and come down.
Touch the mountains, and they will smoke.
- ⁶ Flash your lightning and scatter the foe;
shoot your arrows and rout them.
- ⁷ Reach down from on high;
rescue me from deep water, and set me free
from the grasp of foreigners
- ⁸ whose mouths speak lies,
whose right hands are deceptive.
- ⁹ God, I will sing a new song to you;
I will play on a ten-stringed harp for you —
- ¹⁰ the one who gives victory to kings,
who frees his servant David
from the deadly sword.
- ¹¹ Set me free and rescue me
from foreigners
whose mouths speak lies,
whose right hands are deceptive.
- ¹² Then our sons will be like plants
nurtured in their youth,
our daughters, like corner pillars
that are carved in the palace style.
- ¹³ Our storehouses will be full,
supplying all kinds of produce;
our flocks will increase by thousands
and tens of thousands in our open fields.
- ¹⁴ Our cattle will be well fed.
There will be no breach in the walls,
no going into captivity,
and no cry of lament in our public squares.
- ¹⁵ Happy are the people with such blessings.
Happy are the people whose God is the LORD.

Psalm 145

- ¹ I exalt you, my God the King,
and bless your name forever and ever.
- ² I will bless you every day;
I will praise your name forever and ever.
- ³ The LORD is great and is highly praised;

- his greatness is unsearchable.
- 4 One generation will declare your works to the next
and will proclaim your mighty acts.
- 5 I will speak of your splendor and glorious majesty
and your wondrous works.
- 6 They will proclaim the power of your awe-inspiring acts,
and I will declare your greatness.
- 7 They will give a testimony of your great goodness
and will joyfully sing of your righteousness.
- 8 The LORD is gracious and compassionate,
slow to anger and great in faithful love.
- 9 The LORD is good to everyone;
his compassion rests on all he has made.
- 10 All you have made will thank you, LORD;
the faithful will bless you.
- 11 They will speak of the glory of your kingdom
and will declare your might,
12 informing all people of your mighty acts
and of the glorious splendor of your kingdom.
- 13 Your kingdom is an everlasting kingdom;
your rule is for all generations.
The LORD is faithful in all his words
and gracious in all his actions.
- 14 The LORD helps all who fall;
he raises up all who are oppressed.
- 15 All eyes look to you,
and you give them their food at the proper time.
- 16 You open your hand
and satisfy the desire of every living thing.
- 17 The LORD is righteous in all his ways
and faithful in all his acts.
- 18 The LORD is near all who call out to him,
all who call out to him with integrity.
- 19 He fulfills the desires of those who fear him;
he hears their cry for help and saves them.
- 20 The LORD guards all those who love him,
but he destroys all the wicked.
- 21 My mouth will declare the LORD's praise;
let every living thing
bless his holy name forever and ever.

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

O God, from whom all good proceeds: Grant that by your inspiration we may think those things that are right, and by your merciful guiding may do them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Book of Common Prayer

Blessing

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us— to him be glory in the church and in Christ Jesus to all generations, forever and ever.
Amen.

Ephesians 3:20-21

DAY 30 MIDDAY PRAYER

Call to Prayer

Give thanks to the Lord, call on his name; proclaim his deeds among the peoples.

Psalms 105:1

Midday Psalms

Psalm 146

- ¹ Hallelujah!
My soul, praise the LORD.
- ² I will praise the LORD all my life;
I will sing to my God as long as I live.
- ³ Do not trust in nobles,
in a son of man, who cannot save.
- ⁴ When his breath leaves him,
he returns to the ground;
on that day his plans die.
- ⁵ Happy is the one whose help is the God of Jacob,
whose hope is in the LORD his God,
- ⁶ the Maker of heaven and earth,
the sea and everything in them.
He remains faithful forever,
- ⁷ executing justice for the exploited
and giving food to the hungry.
The LORD frees prisoners.
- ⁸ The LORD opens the eyes of the blind.
The LORD raises up those who are oppressed.
The LORD loves the righteous.
- ⁹ The LORD protects resident aliens
and helps the fatherless and the widow,
but he frustrates the ways of the wicked.
- ¹⁰ The LORD reigns forever;
Zion, your God reigns for all generations.
Hallelujah!

Psalm 147

- ¹ Hallelujah!
How good it is to sing to our God,
for praise is pleasant and lovely.
- ² The LORD rebuilds Jerusalem;
he gathers Israel's exiled people.
- ³ He heals the brokenhearted
and bandages their wounds.
- ⁴ He counts the number of the stars;
he gives names to all of them.
- ⁵ Our Lord is great, vast in power;

- his understanding is infinite.
- ⁶ The LORD helps the oppressed
but brings the wicked to the ground.
- ⁷ Sing to the LORD with thanksgiving;
play the lyre to our God,
⁸ who covers the sky with clouds,
prepares rain for the earth,
and causes grass to grow on the hills.
- ⁹ He provides the animals with their food,
and the young ravens, what they cry for.
- ¹⁰ He is not impressed by the strength of a horse;
he does not value the power of a warrior.
- ¹¹ The LORD values those who fear him,
those who put their hope in his faithful love.
- ¹² Exalt the LORD, Jerusalem;
praise your God, Zion!
- ¹³ For he strengthens the bars of your city gates
and blesses your children within you.
- ¹⁴ He endows your territory with prosperity;
he satisfies you with the finest wheat.
- ¹⁵ He sends his command throughout the earth;
his word runs swiftly.
- ¹⁶ He spreads snow like wool;
he scatters frost like ashes;
- ¹⁷ he throws his hailstones like crumbs.
Who can withstand his cold?
- ¹⁸ He sends his word and melts them;
he unleashes his winds, and the water flows.
- ¹⁹ He declares his word to Jacob,
his statutes and judgments to Israel.
- ²⁰ He has not done this for every nation;
they do not know his judgments.
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Blessing

Now may the God of hope fill you with all joy and peace as you believe, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

DAY 30 EVENING PRAYER

Call to Prayer

Worship the Lord in the splendor of his holiness; let the whole earth tremble before him.

Psalm 96:9

Confession of sin

Most holy and merciful Father: I have not loved you with my whole heart, and mind, and strength. I have not loved my neighbors as myself. I have not forgiven others, as I have been forgiven. I have been deaf to your call to serve, as Christ served us. I have not been true to the mind of Christ. I have grieved your Holy Spirit. Restore me, good Lord, and let your anger depart from me. By the cross of your Son, our Lord, bring me with all your saints to the joy of his resurrection.

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Canticle

He is the image of the invisible God,
the firstborn over all creation.
For everything was created by him,
in heaven and on earth,
the visible and the invisible,
whether thrones or dominions

or rulers or authorities—
all things have been created through him and for him.
He is before all things,
and by him all things hold together.
He is also the head of the body, the church;
he is the beginning,
the firstborn from the dead,
so that he might come to have
first place in everything.
For God was pleased to have
all his fullness dwell in him,
and through him to reconcile
everything to himself,
whether things on earth or things in heaven,
by making peace
through his blood, shed on the cross.

Colossians 1:15-20

Evening Psalms

Psalm 148

- ¹ Hallelujah!
Praise the LORD from the heavens;
praise him in the heights.
- ² Praise him, all his angels;
praise him, all his heavenly armies.
- ³ Praise him, sun and moon;
praise him, all you shining stars.
- ⁴ Praise him, highest heavens,
and you waters above the heavens.
- ⁵ Let them praise the name of the LORD,
for he commanded, and they were created.
- ⁶ He set them in position forever and ever;
he gave an order that will never pass away.

- ⁷ Praise the LORD from the earth,
all sea monsters and ocean depths,
- ⁸ lightning and hail, snow and cloud,
stormy wind that executes his command,
- ⁹ mountains and all hills,
fruit trees and all cedars,
- ¹⁰ wild animals and all cattle,
creatures that crawl and flying birds,

- ¹¹ kings of the earth and all peoples,
princes and all judges of the earth,
¹² young men as well as young women,
old and young together.
¹³ Let them praise the name of the LORD,
for his name alone is exalted.
His majesty covers heaven and earth.
¹⁴ He has raised up a horn for his people,
resulting in praise to all his faithful ones,
to the Israelites, the people close to him.
Hallelujah!

Psalm 149

- ¹ Hallelujah!
Sing to the LORD a new song,
his praise in the assembly of the faithful.
² Let Israel celebrate its Maker;
let the children of Zion rejoice in their King.
³ Let them praise his name with dancing
and make music to him with tambourine and lyre.
⁴ For the LORD takes pleasure in his people;
he adorns the humble with salvation.
⁵ Let the faithful celebrate in triumphal glory;
let them shout for joy on their beds.

⁶ Let the exaltation of God be in their mouths
and a double-edged sword in their hands,
⁷ inflicting vengeance on the nations
and punishment on the peoples,
⁸ binding their kings with chains
and their dignitaries with iron shackles,
⁹ carrying out the judgment decreed against them.
This honor is for all his faithful people.
Hallelujah!

Psalm 150

- ¹ Hallelujah!
Praise God in his sanctuary.
Praise him in his mighty expanse.
² Praise him for his powerful acts;
praise him for his abundant greatness.

³ Praise him with trumpet blast;
praise him with harp and lyre.
⁴ Praise him with tambourine and dance;

- praise him with strings and flute.
- ⁵ Praise him with resounding cymbals;
praise him with clashing cymbals.
- ⁶ Let everything that breathes praise the LORD.
Hallelujah!

Gloria

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

The Lord's Prayer

Our Father in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
on earth as it is in heaven
Give us this day our daily bread
And forgive us our debts,
as we also have forgiven our debtors
And lead us not into temptation
But deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen.

Intercessions and Personal Requests

Prayer of the Church

Lord, you have given us your Word for a light to shine upon our path; grant us so to meditate on that Word, and to follow its teaching, that we may find in it the light that shines more and more until the perfect day; through Jesus Christ our Lord. Amen.

Jerome

Blessing

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

SOURCES

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