

Opening Prayer

O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

-Psalm 131:1, 2

(Silent reflection)

Prayer of the Bible

You are clothed with honor and majesty, wrapped in light as with a garment. You stretch out the heavens like a tent, you set the beams of your chambers on the waters, you make the clouds your chariot, you ride on the wings of the wind, you make the winds your messengers, fire and flame your ministers. Bless the Lord, O my soul, and all that is within me, bless his holy name!

-Psalms 104:1-4, 35

(Free expression of praise and thanksgiving to God)

Confession of Sin

Loving Father, please accept my distractions, my fatigue, my irritations, and faithless wanderings, forgive me all of my sin and bring me to your loving embrace.

-A2J Community

(Time of silence for confession of sin)

The Words of Jesus

When Jesus sat down, his disciples came to him. And he opened his mouth and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. "Blessed are those who mourn, for they shall be comforted. "Blessed are the meek, for they shall inherit the earth. "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. "Blessed are the merciful, for they shall receive mercy. "Blessed are the pure in heart, for they shall see God. "Blessed are the peacemakers, for they shall be called sons of God. "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

-Matthew 5:1-12

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone.

-I Timothy 2:1

(Time to bring before God our own needs and the needs of others)

Closing Prayer

O Lord, prepare me for all the events of the day; for I know not what a day may bring forth. Give me grace to deny myself; to take up my cross daily, and follow in the steps of my Lord and Master. Amen.

-Matthew Henry (1662-1714)

Opening Prayer

This is the heart of prayer: to hear Jesus say, "You are my beloved son, you are my beloved daughter; I rejoice in you." Prayer is rest; it is to be still, to abide in the presence and in the arms of God, knowing that we are loved just as we are; we are held and safe. We do not have to be perfect or anyone else; we can be ourselves."

-Jean Vanier (1928-2019)

(Silent reflection)

Prayer of the Bible

When I was desperate, I called out, and GOD got me out of a tight spot. GOD's angels sets up a circle of protection around us while we pray. Open your mouth and taste, open your eyes and see — how good GOD is. Blessed are you who run to him.

-Psalm 34:6-8

(Free expression of praise and thanksgiving to God)

Confession of Sin

It is God's kindness that leads us to repentance. The Lord says to us, 'Turn to me with all your heart, for I am tender and compassionate.'

-Romans 2:4, Joel 2:13

(Time of silence for confession of sin)

The Words of Jesus

You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. "You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

-Matthew 5:13-16

(Think deeply on these life-giving words of Jesus)

Prayer for ourselves and others

Oh, God, listen to my prayer; please open your ears.

-Psalm 39:12

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Jesus, help me to spread your fragrance everywhere I go. Flood my soul with your spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of you. Shine through me and be so in me that every soul I come in contact with may feel your presence in my soul. Let them look up and no longer see me but only Jesus. Stay with me and I shall begin to shine as you shine, and be a light to others.

-Mother Teresa (1910-1997)

Opening Prayer

Quiet my heart, O God, until I am still enough to hear you speak out of the silence. Help me in these few moments to stop, to listen, to wait, and come to recognize your presence with me, in Jesus name, Amen.
-A2J Community

(Silent reflection)

Prayer of the Bible

How good it is to thank you, Lord, to praise your name, Most High, to sing of your love in the beginning of each day. I am in awe of who you are and what you do. Lord, how deep are your thoughts.
-Psalm 92: 1, 2, 5

(Free expression of praise and thanksgiving to God)

Confession of Sin

Show me, O LORD, my life's end and the number of my days; let me know how fleeting is my life. You have made my days a mere handbreadth; the span of my years is as nothing before you. Each man's life is but a breath. Man is a mere phantom as he goes to and fro: He bustles about, but only in vain; he heaps up wealth, not knowing who will get it. But now, Lord, what do I look for? My hope is in you. Save me from all my sins.
-Psalm 39:4-8

(Time of silence for confession of sin)

The Words of Jesus

Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.
-Matthew 5:17-20

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
-Philippians 4:6

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Forth in thy Name, O Lord I go, my daily labor to pursue; thee, only thee, resolved to know in all I think or speak or do. The task thy wisdom hath assigned, O Let me cheerfully fulfill. In all my works, thy presence find, and prove thy good and perfect will. Amen.
-Charles Wesley (1707-1788)

Opening Prayer

Teach me, my God and King, in all things thee to see, and what I do in anything to do it as for thee.
-George Herbert (1593-1633)

(Silent reflection)

Prayer of the Bible

Hear my cry, O God; listen to my prayer. From the ends of the earth I call to You, I call as my heart grows faint; lead me to the rock that is higher than I, for you have been my refuge, a strong tower against the foe.

-Psalm 6:1-3

(Free expression of praise and thanksgiving to God)

Confession of Sin

Have mercy, tender God, forget that I defied you, wash away my sin, cleanse me from my guilt. I know my evil well, it stares me in the face, evil done to you alone before your very eyes. You love those centered in truth; teach me your wisdom. Wash me with fresh water, wash me bright as snow. Oh God, my Father, reshape my heart.

-Psalm 51:7-10

(Time of silence for confession of sin)

The Words of Jesus

You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. Come to terms quickly with your accuser, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. Truly, I say to you, you will never get out until you have paid the last penny.

-Matthew 5:21-26

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

-Hebrews 5:7

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Loving God who holds us by the hand, cast out our fears by your love. Help us to love our enemies, to accept our hardships and to cling firmly to you, for you have power over all, in the triumph of Jesus and the presence of the Holy Spirit, one God forever and ever. Amen.

-Benedictine Prayer

Opening Prayer

Who am I? They mock me, these lonely questions of mine. Whoever I am, Thou knowest, O God, I am thine!

-Dietrich Bonhoeffer (1906-1945)

(Silent reflection)

Prayer of the Bible

Praise be to you, O LORD, God of our father Israel, from everlasting to everlasting. Yours, O LORD, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, O LORD, is the kingdom; you are exalted as head over all. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks.

-I Chronicles 29:10-13

(Free expression of praise and thanksgiving to God)

Confession of Sin

O God, we belong to You utterly. You are such a Father that You take our sins from us and throw them behind Your back. You clean our souls as Your Son also washed the disciples' feet. We hold up our hearts to You, make them what they must be.

-George MacDonald (1824-1905)

(Time of silence for confession of sin)

The Words of Jesus

You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell. "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery.

-Matthew 5:27-32

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

In all my prayers for others, I always pray with joy.

-Philippians 1:4

(Time to bring before God our own needs and the needs of others)

Closing Prayer

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

-Numbers 6:24-26

Opening Prayer

We taste Thee, O Thou living bread, and long to feast upon Thee still; we drink of Thee, the fountainhead and thirst our souls from Thee to fill.

-Bernard of Clairvaux (1090-1153)

(Silent reflection)

Prayer of the Bible

I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad. Oh, magnify the Lord with me, and let us exalt his name together! Taste and see that the Lord is good; blessed is the man who takes refuge in him. Fear the Lord, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

-Psalm 34:8-10

(Free expression of praise and thanksgiving to God)

Confession of Sin

I will get up and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you.'

-Luke 15:18

(Time of silence for confession of sin)

The Words of Jesus

Again you have heard that it was said to those of old, 'You shall not swear falsely, but shall perform to the Lord what you have sworn.' But I say to you, Do not take an oath at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not take an oath by your head, for you cannot make one hair white or black. Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil.

-Matthew 5:33-37

(Think deeply on these life-giving words of Jesus)

Pray for ourselves and others

Pray to God the Father, through the power of our Master Jesus, through the love of the Spirit.

-Romans 15:30

(Time to bring before God our own needs and the needs of others)

Closing Prayer

I am no longer my own, but yours. Do to me as you desire, place me among those you see fit. Put me to service and put me to suffering, let me be sent out by you or laid aside for you. Let me be exalted for you, or brought low for 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 disposal. And now, O glorious and blessed God, Father, Son and Holy Spirit, you are mine, and I am yours and the covenant which I have made on earth, Let it be sealed in heaven.

-John Wesley (1703-1791)

Opening Prayer

O Lord Jesus, you who came to us to show the compassionate love of your Father, make us, your people know this love with our hearts, minds and souls. So often we feel lonely, unloved, and lost in the valley of tears. We desire to feel affection, tenderness, care, and compassion, but suffer from inner darkness, emptiness, and numbness. Come, Lord Jesus, come. Do not just come to our understanding, but enter our hearts, our passions, emotions, and feelings.

-Henri Nouwen (1932-1996)

(Silent reflection)

Prayer of the Bible

O Lord, you are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and he answered me from his holy hill. I lay down and slept; I woke again, for the Lord sustained me.

-Psalm 3:3-5

(Free expression of praise and thanksgiving to God)

Confession of Sin

Surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus, the pioneer and perfecter of our faith.

-Hebrews 12:1-2

(Time of silence for confession of sin)

The Words of Jesus

You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also. And if anyone would sue you and take your tunic, let him have your cloak as well. And if anyone forces you to go one mile, go with him two miles. Give to the one who begs from you, and do not refuse the one who would borrow from you.

-Matthew 5:38-42

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Be joyful in hope, patient in affliction, faithful in prayer.

-Romans 12:12

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Patrick's Breastplate: Christ, as a light illumine and guide me. Christ, as a shield overshadow me. Christ under me; Christ over me; Christ beside me, on my left and on my right. This day be within and without me, lowly and meek, yet all-powerful. Be in the heart of each to whom I speak; in the mouth of each who speaks unto me, Lowly and meek, yet all-powerful. Christ as a light, Christ as a shield, Christ beside me, on my left and my right.

-Patrick of Ireland (385-461)

Opening Prayer

One thing You have spoken; two things I have heard: That You, O God, are strong, and that You, O Lord, are loving.

-Psalm 62:11-12

(Silent reflection)

Prayer of the Bible

Give praise to the Lord, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. Remember the wonders he has done.

-Psalm 105:1-5

(Free expression of praise and thanksgiving to God)

Confession of Sin

For You, the Lord God, have said, "I am He who blots out your transgressions for My own sake, and I will not remember your sins."

-Isaiah 43:25

(Time of silence for confession of sin)

The Words of Jesus

"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same? You therefore must be perfect, as your heavenly Father is perfect.

-Matthew 5:43-48

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

That's why I urge you to pray for absolutely everything, ranging from small to large. Include everything as you embrace this God-life, and you'll get God's everything.

-Mark 11:24

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Lord, we thank you for your church, founded upon your Word, that challenges us to do more than sing and pray, but go out and work as though the very answer to our prayers depended on us. Help us to realize that humanity was created to shine as the stars and live on through all eternity. Keep us in perfect peace. Help us to walk together, pray together, sing together, and live together until that day when all God's children; Black, White, Red, Brown and Yellow will rejoice in one common band of humanity in the reign of our Lord and our God. Amen.

-Martin Luther King Jr. (1929-1968)

Opening Prayer

Oh God, help us to find you in silence, help us learn from the stars, moon and sun who run their course in silence. Help us to truly understand, the more we receive you in quiet prayer, the more we have to offer in the activities of our daily lives. Help us to see that it is not what we have to say to You, but what You say to us and through us.

-Mother Teresa (1910-1997)

(Silent reflection)

Prayer of the Bible

In you, O Lord, do I take refuge; let me never be put to shame! In your righteousness deliver me and rescue me; incline your ear to me, and save me! Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress.

-Psalm 71:1-3

(Free expression of praise and thanksgiving to God)

Confession of Sin

Oh God search me; shine your light into my soul that I may see its condition. May I be confident in your mercy, trusting that you are restoring me even now. Reveal where I have left your path and speak gentle but firm words of correction. And guide me back to your life-giving ways and to your loving and strong embrace.

-A2J Community

(Time of silence for confession of sin)

Words of Jesus

“Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven. “Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees in secret will reward you.

-Mark 6:1-4

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

God can do anything, far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us.

-Ephesians 3:21

(Time to bring before God our own needs and the needs of others)

Closing Prayer

To Him who loves us and freed us from our sins by His blood, and made us to be a kingdom, priests serving his God and Father. To Him be glory and dominion forever and ever. Amen.

-Revelation 1:5, 6

Opening Prayer

For God alone my soul in silence waits; from Him comes my salvation.

-Psalm 62:1

(silent reflection)

Prayer of the Bible

There is a time for everything, and a season for every activity under heaven. O God you have made everything beautiful in its time. You have also set eternity in human hearts.

-Ecclesiastes 3:1,11

(Free expression of praise and thanksgiving to God)

Confession of Sin

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

-The Jesus Prayer (5th Century)

(Time of silence for confession of sin)

The Words of Jesus

“And when you pray, do not be like the hypocrites. They love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room, shut the door and pray to your Father who is in secret. Your Father who sees in secret will reward you. “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, your Father knows what you need before you ask him. Pray then like this: “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. If you forgive others their trespasses, your heavenly Father will forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

-Matthew 6:5-15

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Blessed be God who hears me when I pray.

-Psalm 28:6

(Time to bring before God our own needs and the needs of others)

Closing Prayer

O Lord my God, teach my heart this day where and how to see you, where and how to find you. Teach me to seek you, for I cannot seek you unless you teach me, or find you unless you show yourself to me. Let me seek you in my desire, let me desire you in my seeking. Let me find you by loving you, let me love you when I find you.

-Anselm of Canterbury (1033-1109)

Opening Prayer

Breathe into me, Holy Spirit, that my thoughts may all be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I may always be holy.

-Augustine of Hippo (354-430)

(Silent reflection)

Prayer of the Bible

Because you have satisfied me, GOD, I promise to do everything you say. I beg you from the bottom of my heart: smile, be gracious to me just as you promised. When I took a long, careful look at your ways, I got my feet back on the trail you blazed. I was up at once, didn't drag my feet, was quick to follow your orders... Your love, GOD, fills the earth! Train me to live by your counsel.

-Psalm 119:57-60, 64

(Free expression of praise and thanksgiving to God)

Confession of Sin

Search me thoroughly, O God, and know my heart! Try me and know my thoughts! And see if there is any wicked or hurtful way in me, and lead me in the way everlasting.

-Psalm 139:23-24

(Time of silence for confession of sin)

The Words of Jesus

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

-Matthew 6:16-18

(Think deeply on these life-giving words of Jesus)

Prayer for ourselves and others

Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live.

-I Thessalonians 5:17-18

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Keep me, Lord, while I tarry on this earth, in a serious seeking after you, and in an affectionate walking with you, every day of my life; that when you return, I may be found not hiding my talent, nor serving the flesh, nor asleep with my lamp unfurnished, but waiting and longing for our Lord, our glorious King, forever and ever. Amen.

-Richard Baxter (1615-1691)

Opening Prayer

Jesus you 'walked in our shoes.' You know all too well the human condition. You know how often I am pulled in different directions and how easily I lose my way. Jesus walk with me and lead me home.
-A2J Community

(Silent reflection)

Prayer of the Bible

God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.
-Psalm 46:1-2

(Free expression of praise and thanksgiving to God)

Confession of Sin

O Lord, the house of my soul is narrow; enlarge it that you may enter in. It is ruinous, 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 intentional sins.
-Augustine of Hippo (354-430)

(Time of silence for confession of sin)

The Words of Jesus

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also. “The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!
“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other.
-Matthew 6:19-24

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone.
-1 Timothy 2:1

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Gracious God, thank you for this gift of a life so rich with meaning and eternal purpose. Thank you for the awesome glory of being in Your image, the privilege of being a maker in Your kingdom. Open my ears to Your instruction, open my eyes to Your handiwork, open my heart to the joy of union with You. Take all that I am; my desires and sensitivities, my energy and strength, my flaws and weaknesses, and love Your world through me.
-Leanne Payne (1932-2015)

Opening Prayer

As I rejoice in the gift of this new day, so may the light of your presence, O God, set my heart on fire with love for you, now and forever. Amen.

-The Divine Office

(Silent reflection)

Prayer of the Bible

Lord, what kind of fast do You desire from us? To break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, and cancel debts. Lord what are You interested in seeing us do? To share our food with the hungry, invite the homeless poor into our homes, and put clothes on the shivering poorly dressed and naked, and to be available to our own families. Do this and the lights will turn on, and your lives will turn around.

-Isaiah 58:6-8

(Free expression of praise and thanksgiving to God)

Confession of Sin

Forget not the Lord's benefits; who forgives all your sins and heals all your infirmities; who redeems your life from the pit and crowns you with steadfast love and mercy.

-Psalm 103:3-4

(Time of silence for confession of sin)

Words of Jesus

“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.”

-Matthew 6:25-29

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Here's what I'm saying: Ask and you'll get; Seek and you'll find; Knock and the door will open. Don't bargain with God. Be direct. Ask for what you need.

-Luke 11:9-10

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Lord we pray, for this day, that it may not be wasted, but that it might be used in some good positive way: to know you better; to do good unto all men; and to give witness to your saving grace to a world that is dying. And now may grace and mercy and peace from God the Father, the Son and the Holy Spirit be with us.

-A.W. Tozer (1897-1963)

Opening Prayer

Speak peace to my heart, Lord Jesus. This world has taken its toll, its noise and confusion, its doubts and fears, have troubled and wearied my soul. Lord Jesus, speak peace to my soul.

-Don Francisco (1946-)

(Silent reflection)

Prayer of the Bible

For God alone my soul waits in silence, from him comes my salvation. He only is my rock and my salvation, my fortress; I shall not be greatly shaken. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. Those of low estate are but a breath; those of high estate are a delusion; In the balances they go up; they are lighter than a breath. If riches increase, set not your heart on them. Once God has spoken; twice have I heard this; that power belongs to God, and that to you, O Lord, belongs steadfast love.

-Psalm 62:5-12

(Free expression of praise and thanksgiving to God)

Confession of Sin

“Jesus forgive me my sin and set me free from all evil passions, heal my heart of all disordered affections; that I may be made fit to love, courageous to suffer, and steady to persevere.”

-Thomas à Kempis (1380-1471)

(Time of silence for confession of sin)

The Words of Jesus

But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

-Matthew 6:30-34

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

For the eyes of the Lord are on the righteous and his ears are attentive to their prayer.

-I Peter 3:12

(Time to bring before God our own needs and the needs of others)

Closing Prayer

O Most High, Glorious God, enlighten the darkness of my heart and give me a right faith, a certain hope and a perfect love, understanding and knowledge, O Lord, that I may carry out your holy and true command. Amen!

-Francis of Assisi (1181-1226)

Opening Prayer

Govern everything by Your wisdom, O Lord, so that my soul may always be serving you in the way you will and not as I choose. Let me die to myself so that I may serve you; let me live to you who are life itself. Amen.

-Teresa of Avila (1515-1582)

(Silent reflection)

Prayer of the Bible

O LORD, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief. I remember the days of long ago; I meditate on all your works and consider what your hands have done. I spread out my hands to you; my soul thirsts for you like a parched land. Answer me quickly, O Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

-Psalm 143:1, 5-8

(Free expression of praise and thanksgiving to God)

Confession of Sin

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit, that we may perfectly love You, and worthily magnify Your holy Name; through Christ our Lord. Amen.

-Book of Common Prayer

(Time of silence for confession of sin)

The Words of Jesus

“Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

-Matthew 7:1-5

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Hear, O LORD, and answer me, for I am poor and needy.

-Psalm 86:1

(Time to bring before God our own needs and the needs of others)

Closing Prayer

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.

-Psalm 23:1-4

Opening Prayer

Jesus, you once said to those you loved, “You do not realize now what I am doing, but later you will understand.” May we find comfort that these words are for us today, and may we learn to trust you more.
-A2J Community

(Silent reflection)

Prayer of the Bible

No one is like you, O LORD; you are great, and your name is mighty in power. Who should not revere you, O King of the nations? The LORD is the true God; he is the living God, the eternal King. In his anger, the earth trembles; the nations cannot endure his wrath. God made the earth by his power; he formed the world by his wisdom and stretched out the heavens by his understanding. When he thunders, the waters in the heavens roar; he makes clouds rise from the ends of the earth. He sends lightning with the rain. And brings out the wind from his storehouses. I know, O LORD, that a man's life is not his own; It is not for man to direct his steps. Correct me, LORD, but only with justice—Not in your anger, lest you reduce me to nothing.
-Jeremiah 10:6, 7, 12, 13, 23, 24

(Free expression of praise and thanksgiving to God)

Confession of Sin

Lamb of God, You take away the sins of the world: have mercy on us. Lamb of God You take away the sins of the world: have mercy on us. Lamb of God, You take away the sins of the world: grant us peace.
-Roman Missal

(Time of silence for confession of sin)

Words of Jesus

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!
-Matthew 7:7-11

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Hear my prayer, O God; listen to the words of my mouth
-Psalm 54:2

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Lord, catch me off guard today. Surprise me with some moment of beauty or pain so that at least for the moment I may be startled into seeing that you are here in all your splendor, always and everywhere, barely hidden, beneath, beyond, within this life I breathe.
-Frederick Buechner (1926-)

Opening Prayer

Let the words of my mouth and the meditations of my heart be pleasing in Your sight, O Lord, my Rock and my Redeemer.

-Psalm 19:14

Prayer of the Bible

Hear my prayer, O LORD; let my cry for help come to you. Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly. My days are like the evening shadow; I wither away like grass. But you, O LORD, sit enthroned forever; your renown endures through all generations. The nations will fear the name of the LORD, all the kings of the earth will revere your glory.

-Psalm 102:1-4, 12,14

(Free expression of praise and thanksgiving to God)

Confession of Sin

All who are thirsty, all who are weak come to the fountain, dip your heart in the stream of life.

Let your sin, pain and sorrows be washed away, in the waves of His mercy.

-Praise Song: 'All Who Are Thirsty'

(Time of silence for confession of sin)

The Words of Jesus

“So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets. “Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few.”

-Matthew 7:12-14

(Think deeply on these life-giving words of Jesus)

Prayers for Ourselves and Others

When two of you get together on anything at all on earth and make a prayer of it, my Father in heaven goes into action.

-Matthew 18:19

(Time to bring before God our own needs and the needs of others)

Closing Prayer

My God, I believe most firmly that You watch over all who hope in You, and that we can want for nothing when we rely upon You in all things. Therefore I am resolved for the future to cast all my cares upon You. Let others seek happiness in their wealth and in their talents. Let them trust in the purity of their lives, the severity of their mortifications, in the number of their good works, the enthusiasm of their prayers. As for me, my Rock and my Refuge, my confidence in you fills me with hope. For You, my Divine Protector, alone have settled me in hope. This confidence can never be in vain. No one, who has hoped in God, has ever been confounded.

-Claude La Colombiere (1641-1682)

Opening Prayer

Jesus, your light is shining within us, let not my doubts and my darkness speak to me; Jesus, your light is shining within us, let my heart always welcome your love.

-Brother Roger of Taize (1915-2005)

(Silent reflection)

Prayer of the Bible

I have set you, Lord, always before me. Because you are at my right hand, I will not be shaken.

Therefore my heart is glad, and my glory rejoices; my body also will rest in hope. You will make known to me the path of life; in your presence is fullness of joy; in your right hand are pleasures forever.

-Psalm 16: 8-9, 11

(Free expression of praise and thanksgiving to God)

Confession of Sin

O Lord be gracious to me; heal my soul, for I have sinned against you.

-Psalm 41:4

(Time of silence for confession of sin)

The Words of Jesus

“Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. You will recognize them by their fruits. Are grapes gathered from thornbushes, or figs from thistles? So, every healthy tree bears good fruit, but the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will recognize them by their fruits.

-Matthew 7:15-20

(Think deeply on these life-giving words of Jesus)

Prayers for Ourselves and Others

Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

-Ephesians 6:18

(Time to bring before God our own needs and the needs of others)

Closing Prayer

I pray that, according to the riches of his glory, the Father may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

-Ephesians 3:16-20

Opening Prayer

Spirit of the living God, be the Gardner of my soul. Long have I been waiting silent and still, experiencing the winter of the soul. But now, in the name of Jesus, I dare to ask: Clear away the dead growth of the past, break up the hard clods of custom and routine, stir in the rich compost of vision and challenge, bury deep in my soul the implanted Word, cultivate and water and tend my heart, until new life buds and opens and flowers. Amen.

-Richard Foster (1942-)

(Silent reflection)

Prayer of the Bible

Your love, God, is my song, and I'll sing it forever! I'm forever telling everyone how faithful you are. I'll never quit telling the story of your love—how you built the cosmos and guaranteed everything in it. Your love has always been our foundation.

-Psalm 89:1-2

(Free expression of praise and thanksgiving to God)

Confession of Sin

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

-1 John 1:9

(Time of silence for confession of sin)

Words of Jesus

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?’ And then will I declare to them, ‘I never knew you; depart from me, you workers of lawlessness.’”

-Matthew 7:21-23

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Hallelujah! Thank God! Pray to him by name!

-Psalm 105:1

(Time to bring before God our own needs and the needs of others)

Closing Prayer O Lord, make me an instrument of Thy Peace! Where there is hatred, let me sow love. Where there is injury, pardon. Where there is discord, harmony. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sorrow, joy. Oh 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; and it is in dying that we are born to Eternal Life.

-Francis of Assisi (1181-1226)

Opening Prayer

For God alone my soul in silence waits; from Him comes my Salvation.

-Psalm 62:1

(Silent reflection)

Prayer of the Bible

Give thanks to the Lord, for he is good, his love endures forever. Give thanks to the Lord of lords, for his love endures forever. To Him alone who does great wonders, for his love endures forever. Who by his understanding made the heavens, for his love endures forever. Give thanks to the God of heaven, for his love endures forever.

-Psalm 136: 3-5

(Free expression of praise and thanksgiving to God)

Confession of Sin

Lord Jesus, come yourself, and dwell with us, be human as we are, and overcome what overwhelms us. Come into the midst of my evil, come close to my unfaithfulness. Share my sin, which I hate and cannot leave.

-Dietrich Bonhoeffer (1906-1945)

(Time of silence for confession of sin)

The Words of Jesus

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.” And when Jesus finished these sayings, the crowds were astonished, for he was teaching them as one who had authority, and not as their scribes.

-Matthew 7:24-29

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

God delights in genuine prayers.

-Proverbs 15:8

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Wisdom unsearchable, God the invisible, love indestructible in frailty appears. Lord of infinity, stooping so tenderly, lifts our humanity to the heights of his throne! O what a mystery! Meekness and majesty, Bow down and worship for this is your God!

-Graham Kendrick (1950-)

Opening Prayer

“You are my portion, Lord,” says my soul; Therefore I will wait for you. You are good to those who wait for you; to the soul who seeks you. It is good to hope silently for Your salvation.
-Lamentations 3:24-26

(Silent reflection)

Prayer of the Bible

Keep me safe, O God, for in you I take refuge. I said to the Lord, "You are my Lord; apart from you, I have no good thing." Lord, you have assigned me my portion and my cup; you have made my lot secure. I will praise the LORD, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.
-Psalm 16:1-2, 5-11

(Free expression of praise and thanksgiving to God)

Confession of Sin

Jesus, forgive me my sin and set me free from all evil passions, heal my heart of all disordered affections; that I may be made fit to love, courageous to suffer, and steady to persevere.
-Thomas a Kempis (1380-1471)

(Time of silence for confession of sin)

The Words of Jesus

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

(Think deeply on these life-giving words of Jesus)

Prayers for Ourselves and Others

Be joyful in hope, patient in affliction, and faithful in prayer.
-Romans 12:12

(Time to bring before God our own needs and the needs of others)

Closing Prayer

From prayer that asks that I should be sheltered from winds that beat on Thee. From fearing when I should aspire, from faltering when I should climb higher, from silken self, O captain, free Your soldier who would follow Thee. From subtle love of softening things, from easy choices, weakenings...Not thus are spirits fortified, not this way went the Crucified...From all that dims Your Calvary, O lamb of God, deliver me. Give me a love that leads the way, the faith that nothing can dismay, the hope no disappointments tire, the passion that will burn like fire. Let me not sink to be a clod. Make me Thy fuel, O Flame of God.
-Amy Carmichael (1867-1951)

Opening Prayer

Jesus, all for Jesus, all I am and have and ever hope to be. All of my ambitions, hopes and plans I surrender these into your hands. For its only in your will that I am free. Jesus all for Jesus, all I am, and have, and ever hope to be.

-Praise song: 'Jesus, All For Jesus'

(Silent reflection)

Prayer of the Bible

Lord, the earth is yours and all its fullness, the world and all who dwell in it. For you have founded it on the seas, and establish it on the waters. Therefore I will not lift up my soul to an idol but I will seek your face.

-Psalm 24:1-2, 4

(Free expression of praise and thanksgiving to God)

Confession of Sin

But now, Lord, what do I look for? My hope is in you. Save me from all my sins.

-Psalm 39:4-8

(Time of silence for confession of sin)

The Words of Jesus

Jesus spoke, "There was a man who had two sons. The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them. Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need. So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. When he came to his senses, he said, How many of my father's hired men have food to spare, and here I am starving to death! I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired men. So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

-Luke 15:11-20

(Think deeply on these life-giving words of Jesus)

Pray for ourselves and others

Pray to God the Father, through the power of our Master Jesus, through the love of the Spirit.

-Romans 15:30

(Time to bring before God our own needs and the needs of others)

Closing Prayer

I have only today. My life is an instant, an hour which passes by. My life is a moment, which I have no power to stay. You know, O my God, that to love You here on earth, I have only today.

-Therese of Lisieux (1873-1897)

Opening Prayer

Almighty God, who pours out on all who desire it in the spirit of grace and supplication. Deliver us, when we draw near to You, from coldness of heart and wandering mind, that with steadfast thoughts and kindled affections we may worship You in spirit and truth; through Jesus Christ our Lord. Amen.
-Book of Common Prayer

(Silent reflection)

The Prayers of the Bible

You are the God who answered me in the day of my distress and have been with me wherever I have gone.
-Genesis 35:3

(Free expression of praise and thanksgiving to God)

Confession of Sin

Lord Jesus, I bring my sin, and the guilt and destructive behavior it has caused to you on the cross. Thank you Lord! On the cross you made provision for my guilt to be removed, my wounds to be healed, and the power of sin to be broken. Lead me now into the faith, expressed by obedience, which enables me to access your grace.
-George Miley (1940-)

(Time of silence for confession of sin)

The Words of Jesus

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'
-Matthew 25:34-40

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Be cheerful no matter what; pray all the time; thank God no matter what happens.
-I Thessalonians 5:17 The Message

(Time to bring before God our own needs and the needs of others)

Closing Prayer

O Lord our God, give us by Your Holy Spirit a willing heart and a ready hand to use all Your gifts to Your praise and glory; through Jesus Christ our Lord. Amen.
-Thomas Cranmer (1489-1556)

Opening Prayer

Behold, I have graven you upon the palm of my hand, that is what Jesus came on earth to do: to proclaim, to give us the Good News that God loves us, that we are precious to Him.

-Mother Teresa (1910-1997)

(silent reflection)

Prayer of the Bible

In you, O Lord, do I take refuge; let me never be put to shame; in your righteousness deliver me! Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me! For you are my rock and my fortress; and for your name's sake you lead me and guide me.

-Psalm 31:1-3

(Free expression of praise and thanksgiving to God)

Confession of Sin

You do not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is Your love for those who fear You; as far as the east is from the west, so far have You removed our transgressions from us.

-Psalm 103:10-12

(Time of silence for confession of sin)

The Words of Jesus

As he went along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" "Neither this man nor his parents sinned," said Jesus, "but this happened so that the work of God might be displayed in his life. As long as it is day, we must do the work of him who sent me. Night is coming, when no one can work. While I am in the world, I am the light of the world." Having said this, he spit on the ground, made some mud with the saliva, and put it on the man's eyes. "Go," he told him, "wash in the Pool of Siloam". So the man went and washed, and came home seeing.

-John 9:1-7

(Think deeply on these life-giving words of Jesus)

Prayer for ourselves and others

Oh, GOD, listen to my prayer; please open your ears. -Psalm 39:12

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Almighty and ever-living God, Oh Lord Jesus Christ. I come sick to the Doctor of Life and unclean to the Fountain of Mercy, blind to radiance of Eternal Light, and poor and needy to the Lord of heaven and earth. Lord, in Your great generosity heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. Amen.

-Thomas Aquinas (1225-1274)

Opening Prayer

God of light, eternal and bright shining, do not allow the noises and shadows of this fleeting world to confuse us. Do not allow the deceptions of this world to muddle us. Give us strength to bear and face willingly the evils that we encounter.

-Clare of Assisi (1194-1253)

(Silent reflection)

Prayer of the Bible

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."...He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day.

-Psalm 91:1-5

(Free expression of praise and thanksgiving to God)

Confession of Sin

O Lord, God of hosts, be with us. For we have no helper in our hardships and tribulations but you. Absolve, forgive, and remit, O God, our transgressions; those we have committed willingly and those we have committed unwillingly, those which we have committed knowingly and those which we have committed unknowingly, the hidden and manifest, O Lord forgive us, for the sake of Your Holy name by which we are called.

-The Agpeya of the Coptic Church

(Time of silence for confession of sin)

The Words of Jesus

"Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with treasures in heaven that does not fail, where no thief approaches and no moth destroys. For where your treasure is, there your heart will be.

-Luke 12:32-34

(Think deeply on these life-giving words of Jesus)

Prayer for ourselves and others

During the days of Jesus' life on earth, he offered up prayers and petitions, with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

-Hebrews 5:7

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Oh Lord, help us to remember that when we leave this earth, we can take with us nothing we have received, fading symbols of honor, trappings of power, but only what we have given; a full heart enriched by honest service, love, sacrifice, and courage. Amen.

-Francis of Assisi (1181-1226)

Opening Prayer

O Gracious and holy Father, give us wisdom to perceive You, intelligence to understand You, diligence to seek You, patience to wait for You, eyes to see 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 of Nursia (480-547)

(Silent reflection)

Prayer of the Bible

Hear, O LORD, my righteous plea; listen to my cry. Give ear to my prayer, it does not rise from deceitful lips. May my vindication come from you; may your eyes see what is right. My steps have held to your paths; my feet have not slipped. I call on you, O God, for you will answer me; give ear to me and hear my prayer. Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes. Keep me as the apple of your eye; hide me in the shadow of your wings.

-Psalms 17:1-8

(Free expression of praise and thanksgiving to God)

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.

-Book of Common Prayer

(Time of silence for confession of sin)

The Example of Jesus

Jesus went up on a mountainside by himself to pray. When evening came, he was there alone.

-Matthew 14:23

(Think deeply on this life giving example of Jesus)

Prayer for Ourselves and Others

Jesus told them a story showing that it was necessary for them to pray consistently and never quit.

-Luke 18:1

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Oh Lord Jesus, we see from you how you delighted to be alone with your Father. May we also discover the joy of being with our Father. As we are healed and restored in His presence may we always follow your example Jesus, who strengthened by time with the Father went down where the needy people suffer, bent low by oppression and the burden of sin and lifted them to new life.

-A2J Community

Opening Prayer

Dear Lord, today I thought of the words of Vincent van Gogh: “It is true there is an ebb and flow, but the sea remains the sea.” You are the sea. Although I experience many ups and downs in my emotions and often feel great shifts and changes in my inner life, you remain the same. Your sameness is not the sameness of a rock, but the sameness of a faithful lover. Out of your love I came to life; by your love I am sustained; and to your love I am always called back. There are days of sadness and days of joy; there are feelings of guilt and feelings of gratitude; there are moments of failure and moments of success; but all of them are embraced by your unwavering love. O Lord, sea of love and goodness, let me not fear too much the storms and winds of my daily life, and let me know that there is ebb and flow but that the sea remains the sea. Amen.

-Henri Nouwen (1932-1996)

(Silent reflection)

Prayer of the Bible

Give thanks to the Lord, call on his name; make known among the nations what he has done.

-Psalm 105:1

(Free expression of praise and thanksgiving to God)

Confession of Sin

I return to You, Lord my God, for I have stumbled because of my iniquity. Take away all sin and receive me.

-Hosea 14:1-2

(Time of silence for confession of sin)

Words of Jesus

God’s care for humanity was so great that he sent his unique Son among us, So that those who count on him might not lead a futile and failing existence, But have the undying life of God Himself. For God did not send his Son into the world to condemn the world, but to save the world through him.

-John 3:16

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Blessed be God who hears me when I pray.

-Psalm 28:6

(Time to bring before God our own needs and the needs of others)

Closing Prayer

The Divine Embrace—Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within 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!

-Book of Common Prayer

Opening Prayer

Glory, 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 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 God, the Father. Amen.

-The Gloria (2nd century)

(Silent reflection)

Prayer of the Bible

O God, you are my God; with all that I am I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because Your constant overflowing love is better than life, my lips will praise you. I will bless you as long as I live; in your name I will lift up my hands.

-Psalm 63:1-4

(Free expression of praise and thanksgiving to God)

Confession of Sin

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for Thou are blessed, unto ages of ages.

-Ephraim the Syrian (306-373)

(Time of silence for confession of sin)

The Words of Jesus

Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?"

-John 11:25, 26

(Think deeply on these life-giving words of Jesus)

Prayer for Ourselves and Others

Be joyful in hope, patient in affliction, and faithful in prayer. -Romans 12:12

(Time to bring before God our own needs and the needs of others)

Closing Prayer

O Death, where is thy sting? O Hades, where is thy pride? Christ is risen, and thou art abolished! Christ is risen, and the demons are fallen. Christ is risen, and the angels rejoice. Christ is risen and life reigns. For Christ, who rose from the dead, has become the leader and reviver of those who have fallen asleep. To Him be glory and dominion unto ages of ages! Amen.

-John Chrysostom (347-407)

Opening Prayer

Lord to turn away from you is to fall. To turn to you is to rise. To stand before you is to abide forever.
-Augustine of Hippo (354-430)

(Silent reflection)

Prayer of the Bible

You O God save a humble people, but the haughty eyes you bring down. For it is you who light my lamp; the Lord my God lightens my darkness. For by you I can run against a troop, and by my God I can leap over a wall. This God, his way is perfect; the word of the Lord proves true; he is a shield for all those who take refuge in him.
-Psalm 18:27-30

(Free expression of praise and thanksgiving to God)

Confession of Sin

Out of the depths I cry to you, O Lord! Hear my voice! Let your ears be attentive to the voice of my pleas for mercy! If you, O Lord, should mark iniquities, O Lord, who could stand? But with you there is forgiveness.
-Psalm 130:1-4

(Time of silence for confession of sin)

The Words of Jesus

“I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.
-John 15:1-5

(Think deeply on these life-giving words of Jesus)

Prayers for ourselves and others

In all my prayers for others, I always pray with Joy.
-Philippians 1:4

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Father, I abandon myself into Your hands. Do with me what You will. Whatever You do, I will thank You. I am ready for all. I accept all. Let only Your will be done in me, as in all Your creatures, and I'll ask nothing else, my Lord. Into your hands I commend my soul; I give it to You with all the love of my heart, For I love You, Lord, and so need to give myself, to surrender myself into Your hands, for You are my Father.
-Charles de Foucauld (1858-1916)

Opening Prayer

O Lord, reassure me with Your quickening Spirit; without You I can do nothing. Mortify in me all... worldliness, pride, selfishness, and resistance to God, and fill me with love, peace, and all the fruits of the Spirit... You are the same yesterday, today, and forever; and therefore, waiting on Thee, Lord, I trust that I shall at length renew my strength. Amen.

-William Wilberforce (1759-1833)

(Silent reflection)

Prayer of the Bible

Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer. Know that the Lord has set apart the godly for himself; the Lord will hear when I call to him. In your anger do not sin; when you are on your beds, search your hearts and be silent... Let the light of your face shine upon us, O LORD. I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.

-Psalm 4:1-8

(Free expression of praise and thanksgiving to God)

Confession of Sin

Have mercy on me, O Lord, for I call to you all day long. Bring joy to your servant, for to you, O Lord, I lift up my soul. You are forgiving and good, abounding in love to all who cry out to you.

-Psalm 86: 4-7

(Time of silence for confession of sin)

The Words of Jesus

“Teacher, which is the great commandment in the Law?” And Jesus said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.”

-Matthew 22:36-40

(Think deeply on these life-giving words of Jesus)

Prayers for ourselves and others

Hear my prayer, O God; listen to the words of my mouth.

-Psalm 54:2

(Time to bring before God our own needs and the needs of others)

Closing Prayer

Lord Jesus, bind me to You and to my neighbor with love. May my heart not be turned away from You. May my soul not be deceived nor my talent or mind enticed by allurements of error, so that I may never distance myself from Your love. Thus may I love my neighbor as myself, with strength, wisdom, and gentleness, with Your help, You who are blessed throughout all ages. Amen.

-Anthony of Padua (1195-1231)

Opening Prayer

“O God, I have tasted your goodness, and it has both satisfied me and made me thirsty for more. I am painfully aware of my need of further grace. I am ashamed of my lack of desire. O Triune God, I want to want You; I long to be filled with longings; I thirst to be made more thirsty still. Show me your glory, I pray and begin in mercy a new work of love within me. Say to my soul, *“Rise up, my love, my fair one, and come away.”* Lift me up from this misty lowland where I have wandered so long. In Jesus’ name. Amen.”

-A.W. Tozer (1897-1963)

(Silent reflection)

Prayer of the Bible

Behold, how good and pleasant it is when brothers dwell in unity! It is like the precious oil on the head, running down on the beard. It is like the dew of Hermon, which falls on the mountains of Zion! For there the Lord has commanded the blessing of life forevermore.

-Psalms 133:1-3

(Free expression of praise and thanksgiving to God)

Confession of Sin

Those whom You love, You rebuke and discipline. Therefore may I be zealous and repent.

-Revelation 3:19

(Time of silence for confession of sin)

The Words of Jesus

“I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. The glory that you have given me I have given to them, that they may be one even as we are one, I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.

-John 17: 20-23

(Think deeply on these life-giving words of Jesus)

Prayers for Ourselves and Others

When two of you get together on anything at all on earth and pray, our Father in heaven goes into action.

-Matthew 18:19

(Time to bring before God our own needs and the needs of others)

Closing Prayer

O God the Father of all, you ask every one of us to spread love and reconciliation where people are divided. You open this way for us, so that the wounded body of Jesus Christ, your church, may be leaven of communion for the poor of the earth and in the whole human family.

-Brother Roger of Taize (1915-2005)