



FORMED

October 1, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Morning Short Reading:

“The Didache exhorted, ‘Never turn away the needy; share all your possessions with your brother, and do not claim that anything is your own. If you and he are joint participators in things immortal, how much more so in things that are mortal?’ In the second century the Shepherd of Hermas counseled directly against investment and the accumulation of profit, observing that Christians are aliens to this world and have no call to amass worldly wealth. ‘Instead of fields, then, buy souls that are in trouble ... Look after widows and orphans and do not neglect them. Spend your riches and all your establishments you have received from God on this kind of field and houses!’”

- Rodney Clapp, *The Consuming Passion: Christianity & the Consumer Culture*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 1:1-11

This is the Good News about Jesus the Messiah, the Son of God. It began just as the prophet Isaiah had written:

“Look, I am sending my messenger ahead of you,
and he will prepare your way.
He is a voice shouting in the wilderness,
‘Prepare the way for the Lord’s coming!
Clear the road for him!’”

This messenger was John the Baptist. He was in the wilderness and preached that people should be baptized to show that they had repented of their sins and turned to God to be forgiven. All of Judea, including all the people of Jerusalem, went out to see and hear John. And when they confessed their sins, he baptized them in the Jordan River. His clothes were woven from coarse camel hair, and he wore a leather belt around his waist. For food he ate locusts and wild honey.

John announced: “Someone is coming soon who is greater than I am—so much greater that I’m not even worthy to stoop down like a slave and untie the straps of his sandals. I baptize you with water, but he will baptize you with the Holy Spirit!”

One day Jesus came from Nazareth in Galilee, and John baptized him in the Jordan River. As Jesus came up out of the water, he saw the heavens splitting apart and the Holy Spirit descending on him like a dove. And a voice from heaven said, “You are my dearly loved Son, and you bring me great joy.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.

For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 47

For the choir director: A psalm of the descendants of Korah.
Come, everyone! Clap your hands!
Shout to God with joyful praise!
For the Lord Most High is awesome.
He is the great King of all the earth.
He subdues the nations before us,
putting our enemies beneath our feet.
He chose the Promised Land as our inheritance,
the proud possession of Jacob's descendants, whom he loves.
Interlude

God has ascended with a mighty shout.
The Lord has ascended with trumpets blaring.
Sing praises to God, sing praises;
sing praises to our King, sing praises!
For God is the King over all the earth.
Praise him with a psalm!
God reigns above the nations,
sitting on his holy throne.
The rulers of the world have gathered together
with the people of the God of Abraham.
For all the kings of the earth belong to God.
He is highly honored everywhere.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Evening Short Reading:

“Francis spent the first twenty-four years of his life in luxury and indulgence. But he spent the next twenty-one years in austere, self-imposed poverty, the result of his life-changing encounter with the living Christ and his no-holds-barred commitment to follow the example of Jesus, whose earthly life was a model of simple living, from his birth in a dingy stable to his Crucifixion on a common criminal’s cross. As Francis reflected on the life and words of Jesus, he was confronted time and time again with Christ’s simple lifestyle, his warnings about the dangers of money, and his commandments to his followers to sell all they owned and give the profits to the poor.”

- John Michael Talbot, The Lessons of Saint Francis

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 1:12-19

The Spirit then compelled Jesus to go into the wilderness, where he was tempted by Satan for forty days. He was out among the wild animals, and angels took care of him.

Later on, after John was arrested, Jesus went into Galilee, where he preached God’s Good News. “The time promised by God has come at last!” he announced. “The Kingdom of God is near! Repent of your sins and believe the Good News!”

One day as Jesus was walking along the shore of the Sea of Galilee, he saw Simon and his brother Andrew throwing a net into the water, for they fished for a living. Jesus called out to them, “Come, follow me, and I will show you how to fish for people!” And they left their nets at once and followed him.

A little farther up the shore Jesus saw Zebedee’s sons, James and John, in a boat repairing their nets.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 48

A song. A psalm of the descendants of Korah.

How great is the Lord,
how deserving of praise,
in the city of our God,
which sits on his holy mountain!
It is high and magnificent;
the whole earth rejoices to see it!
Mount Zion, the holy mountain,
is the city of the great King!
God himself is in Jerusalem’s towers,
revealing himself as its defender.

The kings of the earth joined forces

and advanced against the city.
But when they saw it, they were stunned;
they were terrified and ran away.
They were gripped with terror
and writhed in pain like a woman in labor.
You destroyed them like the mighty ships of Tarshish
shattered by a powerful east wind.

We had heard of the city's glory,
but now we have seen it ourselves—
the city of the Lord of Heaven's Armies.
It is the city of our God;
he will make it safe forever.

Interlude

O God, we meditate on your unfailing love
as we worship in your Temple.
As your name deserves, O God,
you will be praised to the ends of the earth.
Your strong right hand is filled with victory.
Let the people on Mount Zion rejoice.
Let all the towns of Judah be glad
because of your justice.

Go, inspect the city of Jerusalem.
Walk around and count the many towers.
Take note of the fortified walls,
and tour all the citadels,
that you may describe them
to future generations.
For that is what God is like.
He is our God forever and ever,
and he will guide us until we die.

Intercession:

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

October 2, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Morning Short Reading:

“Every age has its own characteristics. Right now we are in an age of religious complexity. The simplicity which is in Christ is rarely found among us. In its stead are programs, methods, organizations and a world of nervous activities which occupy time and attention but can never satisfy the longing of the heart ... If we would find God amid all the religious externals we must first determine to find Him, and then proceed in the way of simplicity ... we must simplify our approach to Him. We must strip down to essentials (and they will be found to be blessedly few).”

- A.W. Tozer, The Pursuit of God

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 1:20-34

He called them at once, and they also followed him, leaving their father, Zebedee, in the boat with the hired men.

Jesus and his companions went to the town of Capernaum. When the Sabbath day came, he went into the synagogue and began to teach. The people were amazed at his teaching, for he taught with real authority—quite unlike the teachers of religious law.

Suddenly, a man in the synagogue who was possessed by an evil spirit began shouting, “Why are you interfering with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One sent from God!”

Jesus cut him short. “Be quiet! Come out of the man,” he ordered. At that, the evil spirit screamed, threw the man into a convulsion, and then came out of him.

Amazement gripped the audience, and they began to discuss what had happened. “What sort of new teaching is this?” they asked excitedly. “It has such authority! Even evil spirits obey his orders!” The news about Jesus spread quickly throughout the entire region of Galilee.

After Jesus left the synagogue with James and John, they went to Simon and Andrew's home. Now Simon's mother-in-law was sick in bed with a high fever. They told Jesus about her right away. So he went to her bedside, took her by the hand, and helped her sit up. Then the fever left her, and she prepared a meal for them.

That evening after sunset, many sick and demon-possessed people were brought to Jesus. The whole town gathered at the door to watch. So Jesus healed many people who were sick with various diseases, and he cast out many demons. But because the demons knew who he was, he did not allow them to speak.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven

Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 49:1-10

For the choir director: A psalm of the descendants of Korah.
Listen to this, all you people!
Pay attention, everyone in the world!
High and low,
rich and poor—listen!
For my words are wise,
and my thoughts are filled with insight.
I listen carefully to many proverbs
and solve riddles with inspiration from a harp.

Why should I fear when trouble comes,
when enemies surround me?
They trust in their wealth
and boast of great riches.
Yet they cannot redeem themselves from death
by paying a ransom to God.
Redemption does not come so easily,
for no one can ever pay enough
to live forever
and never see the grave.

Those who are wise must finally die,
just like the foolish and senseless,
leaving all their wealth behind.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

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Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Evening Short Reading:

“It seems that if ever there was a time when the virtue of simplicity was desperately needed, it's in our own fast-paced, consumer-oriented, information-overloaded era. But Francis had good reasons for believing his own day needed a big dose of simple living.

Living during a time when money was rapidly replacing barter as the primary medium of exchange, Francis saw huge socioeconomic barriers between the haves and the have-nots. The carnality of his age seemed to overwhelm everything, including the church, which was one of the most powerful international banking institutions of the Middle Ages. ‘All, from the highest to the lowest, allow themselves to be led by avarice,’ wrote Pope Innocent III, protesting his age's rising tide of greed. He wasn't complaining about small-scale capitalists like Francis's father; instead, he was condemning the greed of the clergy!

- John Michael Talbot, The Lessons of St. Francis

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Evening Gospel: Mark 1:35-45

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. Later Simon and the others went out to find him. When they found him, they said, “Everyone is looking for you.”

But Jesus replied, “We must go on to other towns as well, and I will preach to them, too. That is why I came.” So he traveled throughout the region of Galilee, preaching in the synagogues and casting out demons.

A man with leprosy came and knelt in front of Jesus, begging to be healed. “If you are willing, you can heal me and make me clean,” he said.

Moved with compassion, Jesus reached out and touched him. “I am willing,” he said. “Be healed!” Instantly the leprosy disappeared, and the man was healed. Then Jesus sent him on his way with a stern warning: “Don't tell anyone about this. Instead, go to the priest and let him examine you. Take along the offering required in the law of Moses for those who have been healed of leprosy. This will be a public testimony that you have been cleansed.”

But the man went and spread the word, proclaiming to everyone what had happened. As a result, large crowds soon surrounded Jesus, and he couldn't publicly enter a town anywhere. He had to stay out in the secluded places, but people from everywhere kept coming to him.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 49:11-20

The grave is their eternal home,
where they will stay forever.
They may name their estates after themselves,
but their fame will not last.
They will die, just like animals.
This is the fate of fools,
though they are remembered as being wise.

Interlude

Like sheep, they are led to the grave,
where death will be their shepherd.
In the morning the godly will rule over them.
Their bodies will rot in the grave,
far from their grand estates.
But as for me, God will redeem my life.
He will snatch me from the power of the grave.

Interlude

So don't be dismayed when the wicked grow rich
and their homes become ever more splendid.
For when they die, they take nothing with them.
Their wealth will not follow them into the grave.
In this life they consider themselves fortunate
and are applauded for their success.
But they will die like all before them
and never again see the light of day.
People who boast of their wealth don't understand;
they will die, just like animals.

Intercession:

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

October 3, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Morning Short Reading:

“I find you enthroned in my heart, my Lord Jesus. It is enough. I know that you are throned in heaven. My heart and heaven are one.”

- Alistair Maclean

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 2:1-12

When Jesus returned to Capernaum several days later, the news spread quickly that he was back home. Soon the house where he was staying was so packed with visitors that there was no more room, even outside the door. While he was preaching God's word to them, four men arrived carrying a paralyzed man on a mat. They couldn't bring him to Jesus because of the crowd, so they dug a hole through the roof above his head. Then they lowered the man on his mat, right down in front of Jesus. Seeing their faith, Jesus said to the paralyzed man, “My child, your sins are forgiven.”

But some of the teachers of religious law who were sitting there thought to themselves, “What is he saying? This is blasphemy! Only God can forgive sins!”

Jesus knew immediately what they were thinking, so he asked them, “Why do you question this in your hearts? Is it easier to say to the paralyzed man ‘Your sins are forgiven,’ or ‘Stand up, pick up your mat, and walk’? So I will prove to you that the Son of Man has the authority on earth to forgive sins.” Then Jesus turned to the paralyzed man and said, “Stand up, pick up your mat, and go home!”

And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, “We've never seen anything like this before!”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 50:1-11

A psalm of Asaph.
The Lord, the Mighty One, is God,
and he has spoken;
he has summoned all humanity
from where the sun rises to where it sets.

From Mount Zion, the perfection of beauty,
God shines in glorious radiance.
Our God approaches,
and he is not silent.
Fire devours everything in his way,
and a great storm rages around him.
He calls on the heavens above and earth below
to witness the judgment of his people.
“Bring my faithful people to me—
those who made a covenant with me by giving sacrifices.”
Then let the heavens proclaim his justice,
for God himself will be the judge.

Interlude

“O my people, listen as I speak.
Here are my charges against you, O Israel:
I am God, your God!
I have no complaint about your sacrifices
or the burnt offerings you constantly offer.
But I do not need the bulls from your barns
or the goats from your pens.
For all the animals of the forest are mine,
and I own the cattle on a thousand hills.
I know every bird on the mountains,
and all the animals of the field are mine.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

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Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Evening Short Reading:

“We must speak to God with perfect simplicity, telling Him all our thoughts, even our complaints. Since our sufferings are allowed by Him we may make our plaint to God as our Lord did, but we should complain with all reverence, love, submission, unbounded and loving conformity to his will.”

- Dietrich Bonhoeffer

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 2:13-17

Then Jesus went out to the lakeshore again and taught the crowds that were coming to him. As he walked along, he saw Levi son of Alphaeus sitting at his tax collector’s booth. “Follow me and be my disciple,” Jesus said to him. So Levi got up and followed him.

Later, Levi invited Jesus and his disciples to his home as dinner guests, along with many tax collectors and other disreputable sinners. (There were many people of this kind among Jesus’ followers.) But when the teachers of religious law who were Pharisees saw him eating with tax collectors and other sinners, they asked his disciples, “Why does he eat with such scum?”

When Jesus heard this, he told them, “Healthy people don’t need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 50:12-22

If I were hungry, I would not tell you,
for all the world is mine and everything in it.
Do I eat the meat of bulls?
Do I drink the blood of goats?
Make thankfulness your sacrifice to God,
and keep the vows you made to the Most High.
Then call on me when you are in trouble,
and I will rescue you,
and you will give me glory.”

But God says to the wicked:
“Why bother reciting my decrees
and pretending to obey my covenant?
For you refuse my discipline
and treat my words like trash.
When you see thieves, you approve of them,
and you spend your time with adulterers.
Your mouth is filled with wickedness,
and your tongue is full of lies.

You sit around and slander your brother—
your own mother's son.
While you did all this, I remained silent,
and you thought I didn't care.
But now I will rebuke you,
listing all my charges against you.
Repent, all of you who forget me,
or I will tear you apart,
and no one will help you.
But giving thanks is a sacrifice that truly honors me.
If you keep to my path,
I will reveal to you the salvation of God.”

Intercession:

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

October 4, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Morning Short Reading:

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;
and it is in dying that we are born to eternal life.”
- Prayer of St. Francis

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 2:18-22

Once when John's disciples and the Pharisees were fasting, some people came to Jesus and asked, “Why don't your disciples fast like John's disciples and the Pharisees do?”

Jesus replied, “Do wedding guests fast while celebrating with the groom? Of course not. They can't fast while the groom is with them. But someday the groom will be taken away from them, and then they will fast.

“Besides, who would patch old clothing with new cloth? For the new patch would shrink and rip away from the old cloth, leaving an even bigger tear than before.

“And no one puts new wine into old wineskins. For the wine would burst the wineskins, and the wine and the skins would both be lost. New wine calls for new wineskins.”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 51

For the choir director: A psalm of David, regarding the time Nathan the prophet came to him after David had committed adultery with Bathsheba.

Have mercy on me, O God,
because of your unfailing love.
Because of your great compassion,
blot out the stain of my sins.
Wash me clean from my guilt.
Purify me from my sin.
For I recognize my rebellion;
it haunts me day and night.
Against you, and you alone, have I sinned;
I have done what is evil in your sight.
You will be proved right in what you say,
and your judgment against me is just.
For I was born a sinner—
yes, from the moment my mother conceived me.
But you desire honesty from the womb,
teaching me wisdom even there.

Purify me from my sins, and I will be clean;
wash me, and I will be whiter than snow.
Oh, give me back my joy again;
you have broken me—
now let me rejoice.
Don't keep looking at my sins.
Remove the stain of my guilt.
Create in me a clean heart, O God.
Renew a loyal spirit within me.
Do not banish me from your presence,
and don't take your Holy Spirit from me.

Restore to me the joy of your salvation,
and make me willing to obey you.
Then I will teach your ways to rebels,
and they will return to you.
Forgive me for shedding blood, O God who saves;
then I will joyfully sing of your forgiveness.
Unseal my lips, O Lord,
that my mouth may praise you.

You do not desire a sacrifice, or I would offer one.
You do not want a burnt offering.
The sacrifice you desire is a broken spirit.
You will not reject a broken and repentant heart, O God.
Look with favor on Zion and help her;
rebuild the walls of Jerusalem.
Then you will be pleased with sacrifices offered in the right spirit—
with burnt offerings and whole burnt offerings.
Then bulls will again be sacrificed on your altar.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

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Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

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Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Evening Short Reading:

“To be quite blunt about it, celibacy is necessary for some forms of simplicity. St. Francis could not have done what he did if he had not been single. Nor could Jesus. Celibacy is not essential to simplicity, but it is essential to some expressions of simplicity. If we want to live like Francis, we had better not be married. If we want to be married, we had better not try to live like Francis. The failure to understand this simple fact has caused a great deal of misery in human society.”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 2:23-24

One Sabbath day as Jesus was walking through some grainfields, his disciples began breaking off heads of grain to eat. But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 52

For the choir director: A psalm of David, regarding the time Doeg the Edomite said to Saul, “David has gone to see Ahimelech.”

Why do you boast about your crimes, great warrior?

Don't you realize God's justice continues forever?
All day long you plot destruction.
Your tongue cuts like a sharp razor;
you're an expert at telling lies.
You love evil more than good
and lies more than truth.

Interlude

You love to destroy others with your words,
you liar!
But God will strike you down once and for all.
He will pull you from your home
and uproot you from the land of the living.

Interlude

The righteous will see it and be amazed.
They will laugh and say,
“Look what happens to mighty warriors
who do not trust in God.
They trust their wealth instead
and grow more and more bold in their wickedness.”

But I am like an olive tree, thriving in the house of God.
I will always trust in God's unfailing love.
I will praise you forever, O God,
for what you have done.
I will trust in your good name
in the presence of your faithful people.

Intercession:

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

October 5, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Morning Short Reading:

“And all who believed were together and had all things in common: and they sold their possessions and goods and distributed them to all, as any had need” Acts 2:44-45. What we discover from the New Testament witness is the combination of a penetrating criticism of wealth with a carefree, almost lighthearted attitude toward possessions. It is a combination seldom found today... Please remember, we have no indication that what occurred in the early days of the Church was commanded or that it was even the right thing to do. This is not some pattern to be slavishly imitated.”
- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 3:1-6

Jesus went into the synagogue again and noticed a man with a deformed hand. Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on the Sabbath.

Jesus said to the man with the deformed hand, “Come and stand in front of everyone.” Then he turned to his critics and asked, “Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?” But they wouldn't answer him.

He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, “Hold out your hand.” So the man held out his hand, and it was restored! At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 53

For the choir director: A meditation; a psalm of David.

Only fools say in their hearts,
“There is no God.”

They are corrupt, and their actions are evil;
not one of them does good!

God looks down from heaven
on the entire human race;
he looks to see if anyone is truly wise,

if anyone seeks God.
But no, all have turned away;
all have become corrupt.
No one does good,
not a single one!

Will those who do evil never learn?
They eat up my people like bread
and wouldn't think of praying to God.
Terror will grip them,
terror like they have never known before.
God will scatter the bones of your enemies.
You will put them to shame, for God has rejected them.

Who will come from Mount Zion to rescue Israel?
When God restores his people,
Jacob will shout with joy, and Israel will rejoice.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic, we'll live simple and purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Evening Short Reading:

“To be quite honest about it, sharing is not difficult when the power of God is manifest in the midst of his people...the clear witness of Scripture is that something beyond good intentions and willpower is needed to transform our egocentric, greed-captivated personalities into an all-inclusive community of loving, sharing persons.”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 3:7-12

Jesus went out to the lake with his disciples, and a large crowd followed him. They came from all over Galilee, Judea, Jerusalem, Idumea, from east of the Jordan River, and even from as far north as Tyre and Sidon. The news about his miracles had spread far and wide, and vast numbers of people came to see him.

Jesus instructed his disciples to have a boat ready so the crowd would not crush him. He had healed many people that day, so all the sick people eagerly pushed forward to touch him. And whenever those possessed by evil spirits caught sight of him, the spirits would throw them to the ground in front of him shrieking, “You are the Son of God!” But Jesus sternly commanded the spirits not to reveal who he was.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 54

For the choir director: A psalm of David, regarding the time the Ziphites came and said to Saul, “We know where David is hiding.” To be accompanied by stringed instruments.

Come with great power, O God, and rescue me!

Defend me with your might.

Listen to my prayer, O God.

Pay attention to my plea.

For strangers are attacking me;

violent people are trying to kill me.

They care nothing for God.

Interlude

But God is my helper.

The Lord keeps me alive!

May the evil plans of my enemies be turned against them.

Do as you promised and put an end to them.

I will sacrifice a voluntary offering to you;

I will praise your name, O Lord,

for it is good.

For you have rescued me from my troubles

and helped me to triumph over my enemies.

Intercession:

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

October 6, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Morning Short Reading:

“The attractive ability to surrender our rights for the good of others is central to everything about simplicity.”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 3:13-30

Afterward Jesus went up on a mountain and called out the ones he wanted to go with him. And they came to him. Then he appointed twelve of them and called them his apostles. They were to accompany him, and he would send them out to preach, giving them authority to cast out demons. These are the twelve he chose:

Simon (whom he named Peter),
James and John (the sons of Zebedee, but Jesus nicknamed them “Sons of Thunder”),
Andrew,
Philip,
Bartholomew,
Matthew,
Thomas,
James (son of Alphaeus),
Thaddaeus,
Simon (the zealot),
Judas Iscariot (who later betrayed him).

One time Jesus entered a house, and the crowds began to gather again. Soon he and his disciples couldn't even find time to eat. When his family heard what was happening, they tried to take him away. “He's out of his mind,” they said.

But the teachers of religious law who had arrived from Jerusalem said, “He's possessed by Satan, the prince of demons. That's where he gets the power to cast out demons.”

Jesus called them over and responded with an illustration. “How can Satan cast out Satan?” he asked. “A kingdom divided by civil war will collapse. Similarly, a family splintered by feuding will fall apart. And if Satan is divided and fights against himself, how can he stand? He would never survive. Let me illustrate this further. Who is powerful enough to enter the house of a strong man like Satan and plunder his goods? Only someone even stronger—someone who could tie him up and then plunder his house.

“I tell you the truth, all sin and blasphemy can be forgiven, but anyone who blasphemes the Holy Spirit will never be forgiven. This is a sin with eternal consequences.” He told them this because they were saying, “He's possessed by an evil spirit.”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 55:1-11

For the choir director: A psalm of David, to be accompanied by stringed instruments.

Listen to my prayer, O God.
Do not ignore my cry for help!
Please listen and answer me,
for I am overwhelmed by my troubles.
My enemies shout at me,
making loud and wicked threats.
They bring trouble on me
and angrily hunt me down.

My heart pounds in my chest.
The terror of death assaults me.
Fear and trembling overwhelm me,
and I can't stop shaking.
Oh, that I had wings like a dove;
then I would fly away and rest!
I would fly far away
to the quiet of the wilderness.

Interlude

How quickly I would escape—
far from this wild storm of hatred.

Confuse them, Lord, and frustrate their plans,
for I see violence and conflict in the city.
Its walls are patrolled day and night against invaders,
but the real danger is wickedness within the city.
Everything is falling apart;
threats and cheating are rampant in the streets.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Evening Short Reading:

“Only as the kingdom power breaks in are we free to live in trust. Have you not found it so? Perhaps out of concern for the terrible inequities in the world, you have sought to open your heart and your pocketbook to needy brothers and sisters. Perhaps you have led the fight for certain causes of compassion in your church and community. You may even have attempted a common purse or some other form of economic sharing. But somehow, deep down inside, it all seems so dry and artificial. There is no oil of the Spirit to heal wounded relationships. Giving is done, but it lacks warmth and vibrancy. Like Moses of old you see the oppression of the people, but also like Moses you try the arm of flesh and find it failing you as it did him. For all the good that has been done, you have the uneasy sense that something central is lacking. Could it be that we need to follow the lead of the disciples, who through bitter experience were taught that their first priority was to seek hard after the kingdom of God, and who found that once baptized into its life and power they were liberated to care for one another in unprecedented ways?”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 3:31-35

Then Jesus' mother and brothers came to see him. They stood outside and sent word for him to come out and talk with them. There was a crowd sitting around Jesus, and someone said, “Your mother and your brothers are outside asking for you.”

Jesus replied, “Who is my mother? Who are my brothers?” Then he looked at those around him and said, “Look, these are my mother and brothers. Anyone who does God's will is my brother and sister and mother.”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.

For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 55:12-23

It is not an enemy who taunts me—
I could bear that.
It is not my foes who so arrogantly insult me—
I could have hidden from them.
Instead, it is you—my equal,
my companion and close friend.
What good fellowship we once enjoyed
as we walked together to the house of God.

Let death stalk my enemies;
let the grave swallow them alive,
for evil makes its home within them.

But I will call on God,
and the Lord will rescue me.
Morning, noon, and night
I cry out in my distress,
and the Lord hears my voice.
He ransoms me and keeps me safe
from the battle waged against me,
though many still oppose me.
God, who has ruled forever,
will hear me and humble them.

Interlude

For my enemies refuse to change their ways;
they do not fear God.

As for my companion, he betrayed his friends;
he broke his promises.
His words are as smooth as butter,
but in his heart is war.
His words are as soothing as lotion,
but underneath are daggers!

Give your burdens to the Lord,
and he will take care of you.
He will not permit the godly to slip and fall.

But you, O God, will send the wicked
down to the pit of destruction.
Murderers and liars will die young,
but I am trusting you to save me.

Intercession:

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

October 7, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Morning Short Reading:

“The renunciation of the Desert Fathers and Mothers had great transforming power. These men and women renounced possessions in order to learn detachment. They gained a great freedom when they surrendered the need to possess.”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 4:1-20

Once again Jesus began teaching by the lakeshore. A very large crowd soon gathered around him, so he got into a boat. Then he sat in the boat while all the people remained on the shore. He taught them by telling many stories in the form of parables, such as this one: “Listen! A farmer went out to plant some seed. As he scattered it across his field, some of the seed fell on a footpath, and the birds came and ate it. Other seed fell on shallow soil with underlying rock. The seed sprouted quickly because the soil was shallow. But the plant soon wilted under the hot sun, and since it didn't have deep roots, it died. Other seed fell among thorns that grew up and choked out the tender plants so they produced no grain. Still other seeds fell on fertile soil, and they sprouted, grew, and produced a crop that was thirty, sixty, and even a hundred times as much as had been planted!” Then he said, “Anyone with ears to hear should listen and understand.”

Later, when Jesus was alone with the twelve disciples and with the others who were gathered around, they asked him what the parables meant.

He replied, “You are permitted to understand the secret of the Kingdom of God. But I use parables for everything I say to outsiders, so that the Scriptures might be fulfilled:

‘When they see what I do,
they will learn nothing.
When they hear what I say,
they will not understand.
Otherwise, they will turn to me
and be forgiven.’”

Then Jesus said to them, “If you can't understand the meaning of this parable, how will you understand all the other parables? The farmer plants seed by taking God's word to others. The seed that fell on the footpath represents those who hear the message, only to have Satan come at once and take it away. The seed on the rocky soil represents those who hear the message and immediately receive it with joy. But since they don't have deep roots, they don't last long. They fall away as soon as they have problems or are persecuted for believing God's word. The seed that fell among the thorns represents others who hear God's word, but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced. And the seed that fell on good soil represents

those who hear and accept God's word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!"

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 56

For the choir director: A psalm of David, regarding the time the Philistines seized him in Gath.
To be sung to the tune "Dove on Distant Oaks."

O God, have mercy on me,
for people are hounding me.
My foes attack me all day long.
I am constantly hounded by those who slander me,
and many are boldly attacking me.
But when I am afraid,
I will put my trust in you.
I praise God for what he has promised.
I trust in God, so why should I be afraid?
What can mere mortals do to me?

They are always twisting what I say;
they spend their days plotting to harm me.
They come together to spy on me—
watching my every step, eager to kill me.
Don't let them get away with their wickedness;
in your anger, O God, bring them down.

You keep track of all my sorrows.
You have collected all my tears in your bottle.
You have recorded each one in your book.

My enemies will retreat when I call to you for help.
This I know: God is on my side!
I praise God for what he has promised;
Yes, I praise the Lord for what he has promised.
I trust in God, so why should I be afraid?
What can mere mortals do to me?

I will fulfill my vows to you, O God,
and will offer a sacrifice of thanks for your help.
For you have rescued me from death;
you have kept my feet from slipping.
So now I can walk in your presence, O God,
in your life-giving light.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be

overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 6:33

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Evening Short Reading:

“The Desert Fathers and Mothers’ experience has particular relevance, because modern society is uncomfortably like the world that they attacked so vigorously. Their world asked, “how can i get more?” The Desert Fathers and Mothers asked, “What can I do without?” Their world asked, “how can I find myself?” The Desert Fathers and Mothers asked, “How can I lose myself?” Their world asked, “How can I win friends and influence people?” The Desert Fathers and Mothers asked, “How can I love God?”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 4:21-25

Then Jesus asked them, “Would anyone light a lamp and then put it under a basket or under a bed? Of course not! A lamp is placed on a stand, where its light will shine. For everything that is hidden will eventually be brought into the open, and every secret will be brought to light. Anyone with ears to hear should listen and understand.”

Then he added, “Pay close attention to what you hear. The closer you listen, the more understanding you will be given—and you will receive even more. To those who listen to my teaching, more understanding will be given. But for those who are not listening, even what little understanding they have will be taken away from them.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 57

For the choir director: A psalm of David, regarding the time he fled from Saul and went into the cave. To be sung to the tune “Do Not Destroy!”

Have mercy on me, O God, have mercy!

I look to you for protection.

I will hide beneath the shadow of your wings
until the danger passes by.

I cry out to God Most High,

to God who will fulfill his purpose for me.

He will send help from heaven to rescue me,
disgracing those who hound me.

Interlude

My God will send forth his unfailing love and faithfulness.

I am surrounded by fierce lions

who greedily devour human prey—
whose teeth pierce like spears and arrows,
and whose tongues cut like swords.

Be exalted, O God, above the highest heavens!

May your glory shine over all the earth.

My enemies have set a trap for me.

I am weary from distress.

They have dug a deep pit in my path,
but they themselves have fallen into it.

Interlude

My heart is confident in you, O God;

my heart is confident.

No wonder I can sing your praises!

Wake up, my heart!

Wake up, O lyre and harp!

I will wake the dawn with my song.

I will thank you, Lord, among all the people.

I will sing your praises among the nations.

For your unfailing love is as high as the heavens.

Your faithfulness reaches to the clouds.

Be exalted, O God, above the highest heavens.

May your glory shine over all the earth.

Intercession:

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

October 8, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Morning Short Reading:

"This world is a very uncertain place. There simply is "no hidin' place down here." Now, these days we may not have a problem with moths and rust corrupting our treasure, but it is certainly difficult to find a situation where inflation does not "break in and steal" it. Jesus is forcing us to see that, regardless of how secure our treasure may be, it will ultimately fail us."
- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 4:26-34

Jesus also said, "The Kingdom of God is like a farmer who scatters seed on the ground. Night and day, while he's asleep or awake, the seed sprouts and grows, but he does not understand how it happens. The earth produces the crops on its own. First a leaf blade pushes through, then the heads of wheat are formed, and finally the grain ripens. And as soon as the grain is ready, the farmer comes and harvests it with a sickle, for the harvest time has come."

Jesus said, "How can I describe the Kingdom of God? What story should I use to illustrate it? It is like a mustard seed planted in the ground. It is the smallest of all seeds, but it becomes the largest of all garden plants; it grows long branches, and birds can make nests in its shade."

Jesus used many similar stories and illustrations to teach the people as much as they could understand. In fact, in his public ministry he never taught without using parables; but afterward, when he was alone with his disciples, he explained everything to them.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 58

For the choir director: A psalm of David, to be sung to the tune "Do Not Destroy!"
Justice—do you rulers know the meaning of the word?
Do you judge the people fairly?
No! You plot injustice in your hearts.
You spread violence throughout the land.
These wicked people are born sinners;

even from birth they have lied and gone their own way.
They spit venom like deadly snakes;
they are like cobras that refuse to listen,
ignoring the tunes of the snake charmers,
no matter how skillfully they play.

Break off their fangs, O God!
Smash the jaws of these lions, O Lord!
May they disappear like water into thirsty ground.
Make their weapons useless in their hands.
May they be like snails that dissolve into slime,
like a stillborn child who will never see the sun.
God will sweep them away, both young and old,
faster than a pot heats over burning thorns.

The godly will rejoice when they see injustice avenged.
They will wash their feet in the blood of the wicked.
Then at last everyone will say,
“There truly is a reward for those who live for God;
surely there is a God who judges justly here on earth.”

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Evening Short Reading:

“Detachment frees us from the control of others. No longer can we be manipulated by people who hold our livelihoods in their hands. Things do not entice our imaginations; people do not dominate our destinies.”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 4:35-41

As evening came, Jesus said to his disciples, “Let’s cross to the other side of the lake.” So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, “Teacher, don’t you care that we’re going to drown?”

When Jesus woke up, he rebuked the wind and said to the waves, “Silence! Be still!” Suddenly the wind stopped, and there was a great calm. Then he asked them, “Why are you afraid? Do you still have no faith?”

The disciples were absolutely terrified. “Who is this man?” they asked each other. “Even the wind and waves obey him!”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 59

For the choir director: A psalm of David, regarding the time Saul sent soldiers to watch David’s house in order to kill him. To be sung to the tune “Do Not Destroy!”

Rescue me from my enemies, O God.

Protect me from those who have come to destroy me.

Rescue me from these criminals;
save me from these murderers.

They have set an ambush for me.

Fierce enemies are out there waiting, Lord,
though I have not sinned or offended them.

I have done nothing wrong,
yet they prepare to attack me.

Wake up! See what is happening and help me!

O Lord God of Heaven’s Armies, the God of Israel,
wake up and punish those hostile nations.

Show no mercy to wicked traitors.

Interlude

They come out at night,
snarling like vicious dogs
as they prowl the streets.

Listen to the filth that comes from their mouths;
their words cut like swords.

“After all, who can hear us?” they sneer.

But Lord, you laugh at them.
You scoff at all the hostile nations.
You are my strength; I wait for you to rescue me,
for you, O God, are my fortress.
In his unfailing love, my God will stand with me.
He will let me look down in triumph on all my enemies.

Don't kill them, for my people soon forget such lessons;
stagger them with your power, and bring them to their knees,
O Lord our shield.
Because of the sinful things they say,
because of the evil that is on their lips,
let them be captured by their pride,
their curses, and their lies.
Destroy them in your anger!
Wipe them out completely!
Then the whole world will know
that God reigns in Israel.

Interlude

My enemies come out at night,
snarling like vicious dogs
as they prowl the streets.
They scavenge for food
but go to sleep unsatisfied.

But as for me, I will sing about your power.
Each morning I will sing with joy about your unfailing love.
For you have been my refuge,
a place of safety when I am in distress.
O my Strength, to you I sing praises,
for you, O God, are my refuge,
the God who shows me unfailing love.

Intercession:

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

October 9, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Morning Short Reading:

"We feel honestly the pull of many obligations and try to fulfill them all. And we are unhappy, uneasy, strained, oppressed, and fearful we shall be shallow... We have hints that there is a way of life vastly richer and deeper than all this hurried existence, a life of unhurried serenity and peace and power. If only we could slip over into that Center.
- Thomas Kelly, A Testament of Devotion

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 5:1-8

So they arrived at the other side of the lake, in the region of the Gerasenes. When Jesus climbed out of the boat, a man possessed by an evil spirit came out from a cemetery to meet him. This man lived among the burial caves and could no longer be restrained, even with a chain. Whenever he was put into chains and shackles—as he often was—he snapped the chains from his wrists and smashed the shackles. No one was strong enough to subdue him. Day and night he wandered among the burial caves and in the hills, howling and cutting himself with sharp stones.

When Jesus was still some distance away, the man saw him, ran to meet him, and bowed low before him. With a shriek, he screamed, "Why are you interfering with me, Jesus, Son of the Most High God? In the name of God, I beg you, don't torture me!" For Jesus had already said to the spirit, "Come out of the man, you evil spirit."

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 60

For the choir director: A psalm of David useful for teaching, regarding the time David fought Aram-naharaim and Aram-zobah, and Joab returned and killed 12,000 Edomites in the Valley of Salt. To be sung to the tune "Lily of the Testimony."

You have rejected us, O God, and broken our defenses.

You have been angry with us; now restore us to your favor.

You have shaken our land and split it open.

Seal the cracks, for the land trembles.

You have been very hard on us,

making us drink wine that sent us reeling.

But you have raised a banner for those who fear you—
a rallying point in the face of attack.

Interlude

Now rescue your beloved people.

Answer and save us by your power.

God has promised this by his holiness:

“I will divide up Shechem with joy.

I will measure out the valley of Succoth.

Gilead is mine,

and Manasseh, too.

Ephraim, my helmet, will produce my warriors,

and Judah, my scepter, will produce my kings.

But Moab, my washbasin, will become my servant,

and I will wipe my feet on Edom

and shout in triumph over Philistia.”

Who will bring me into the fortified city?

Who will bring me victory over Edom?

Have you rejected us, O God?

Will you no longer march with our armies?

Oh, please help us against our enemies,

for all human help is useless.

With God’s help we will do mighty things,

for he will trample down our foes.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we’ll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we’ll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Evening Short Reading:

“It is wonderful, this losing of one’s self through a perpetual vision of the Holy. We are catapulted into something infinitely larger and more real than our petty existence. A blazing God-consciousness frees us from self-consciousness. It is freedom. It is joy. It is life. I cannot stress enough how essential this quality is to true simplicity of life. It is the only thing that will allow us to hold the interest of others above self-interest. It saves us from self-pity. It lifts the burden of concern over having a proper image. It frees us from bondage to the opinions of others.”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 5:9-20

Then Jesus demanded, “What is your name?”

And he replied, “My name is Legion, because there are many of us inside this man.” Then the evil spirits begged him again and again not to send them to some distant place.

There happened to be a large herd of pigs feeding on the hillside nearby. “Send us into those pigs,” the spirits begged. “Let us enter them.”

So Jesus gave them permission. The evil spirits came out of the man and entered the pigs, and the entire herd of 2,000 pigs plunged down the steep hillside into the lake and drowned in the water.

The herdsmen fled to the nearby town and the surrounding countryside, spreading the news as they ran. People rushed out to see what had happened. A crowd soon gathered around Jesus, and they saw the man who had been possessed by the legion of demons. He was sitting there fully clothed and perfectly sane, and they were all afraid. Then those who had seen what happened told the others about the demon-possessed man and the pigs. And the crowd began pleading with Jesus to go away and leave them alone.

As Jesus was getting into the boat, the man who had been demon possessed begged to go with him. But Jesus said, “No, go home to your family, and tell them everything the Lord has done for you and how merciful he has been.” So the man started off to visit the Ten Towns of that region and began to proclaim the great things Jesus had done for him; and everyone was amazed at what he told them.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 61

For the choir director: A psalm of David, to be accompanied by stringed instruments.

O God, listen to my cry!
Hear my prayer!
From the ends of the earth,
I cry to you for help
when my heart is overwhelmed.
Lead me to the towering rock of safety,
for you are my safe refuge,
a fortress where my enemies cannot reach me.
Let me live forever in your sanctuary,
safe beneath the shelter of your wings!

Interlude

For you have heard my vows, O God.
You have given me an inheritance reserved for those who fear your name.
Add many years to the life of the king!
May his years span the generations!
May he reign under God's protection forever.
May your unfailing love and faithfulness watch over him.
Then I will sing praises to your name forever
as I fulfill my vows each day.

Intercession:

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

October 10, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Morning Short Reading:

"What we have failed to see is an amazing paradox: true self-fulfillment comes only through self-denial. There is no other way. The most certain way to miss self-fulfillment is to pursue it. 'He who finds his life will lose it, and he who loses his life for my sake will find it (Matt. 10:39)'"
- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 5:21-30

Jesus got into the boat again and went back to the other side of the lake, where a large crowd gathered around him on the shore. Then a leader of the local synagogue, whose name was Jairus, arrived. When he saw Jesus, he fell at his feet, pleading fervently with him. "My little daughter is dying," he said. "Please come and lay your hands on her; heal her so she can live."

Jesus went with him, and all the people followed, crowding around him. A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse. She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself, "If I can just touch his robe, I will be healed." Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition.

Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?"

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 62

For Jeduthun, the choir director: A psalm of David.

I wait quietly before God,
for my victory comes from him.
He alone is my rock and my salvation,
my fortress where I will never be shaken.

So many enemies against one man—
all of them trying to kill me.
To them I'm just a broken-down wall
or a tottering fence.
They plan to topple me from my high position.
They delight in telling lies about me.
They praise me to my face
but curse me in their hearts.

Interlude

Let all that I am wait quietly before God,
for my hope is in him.
He alone is my rock and my salvation,
my fortress where I will not be shaken.
My victory and honor come from God alone.
He is my refuge, a rock where no enemy can reach me.
O my people, trust in him at all times.
Pour out your heart to him,
for God is our refuge.

Interlude

Common people are as worthless as a puff of wind,
and the powerful are not what they appear to be.
If you weigh them on the scales,
together they are lighter than a breath of air.

Don't make your living by extortion
or put your hope in stealing.
And if your wealth increases,
don't make it the center of your life.

God has spoken plainly,
and I have heard it many times:
Power, O God, belongs to you;
unfailing love, O Lord, is yours.
Surely you repay all people
according to what they have done.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Evening Short Reading:

"And so I urge you to still every motion that is not rooted in the kingdom. Become quiet, hushed, motionless until you are finally centered. Strip away all excess baggage and nonessential trappings until you have come into the stark reality of the Kingdom of God. Let go of all distractions until you are driven into the Core. Allow God to reshuffle your priorities and eliminate unnecessary froth. Mother Teresa of Calcutta said, "Pray for me that I not loosen my grip on the hands of Jesus even under the guise of ministering to the poor." That is our first task: to grip the hands of Jesus with such tenacity that we are obliged to follow his lead, to seek first his kingdom."

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 5:31-43

His disciples said to him, "Look at this crowd pressing around you. How can you ask, 'Who touched me?'"

But he kept on looking around to see who had done it. Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over."

While he was still speaking to her, messengers arrived from the home of Jairus, the leader of the synagogue. They told him, "Your daughter is dead. There's no use troubling the Teacher now."

But Jesus overheard them and said to Jairus, "Don't be afraid. Just have faith."

Then Jesus stopped the crowd and wouldn't let anyone go with him except Peter, James, and John (the brother of James). When they came to the home of the synagogue leader, Jesus saw much commotion and weeping and wailing. He went inside and asked, "Why all this commotion and weeping? The child isn't dead; she's only asleep."

The crowd laughed at him. But he made them all leave, and he took the girl's father and mother and his three disciples into the room where the girl was lying. Holding her hand, he said to her, "Talitha koum," which means "Little girl, get up!" And the girl, who was twelve years old, immediately stood up and walked around! They were overwhelmed and totally amazed. Jesus gave them strict orders not to tell anyone what had happened, and then he told them to give her something to eat.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 63

A psalm of David, regarding a time when David was in the wilderness of Judah.

O God, you are my God;
I earnestly search for you.
My soul thirsts for you;
my whole body longs for you
in this parched and weary land
where there is no water.
I have seen you in your sanctuary
and gazed upon your power and glory.
Your unfailing love is better than life itself;
how I praise you!
I will praise you as long as I live,
lifting up my hands to you in prayer.
You satisfy me more than the richest feast.
I will praise you with songs of joy.

I lie awake thinking of you,
meditating on you through the night.
Because you are my helper,
I sing for joy in the shadow of your wings.
I cling to you;
your strong right hand holds me securely.

But those plotting to destroy me will come to ruin.
They will go down into the depths of the earth.
They will die by the sword
and become the food of jackals.
But the king will rejoice in God.
All who trust in him will praise him,
while liars will be silenced.

Intercession:

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

October 11, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Morning Short Reading:

"I spoke of God on the periphery of my life. Actually, it would be more accurate to say that I was on the periphery of his Life. It was I who needed to come into the Center, the Core. It is on thing for God to come into us (and a very necessary thing), but it is quite another for us to come into God. In the first instance we are still the center of attention; in the second God is the focal point. When God comes into us we still have a certain autonomy; when we come into God we have come in. He is in all and through all and above all. This is no infantile pantheism, as if God could be captured in his creation; it is a marvelous, majestic monotheism - one God from whom all life is sustained. It is life out of the divine Center."
- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 6:1-13

Jesus left that part of the country and returned with his disciples to Nazareth, his hometown. The next Sabbath he began teaching in the synagogue, and many who heard him were amazed. They asked, "Where did he get all this wisdom and the power to perform such miracles?" Then they scoffed, "He's just a carpenter, the son of Mary and the brother of James, Joseph, Judas, and Simon. And his sisters live right here among us." They were deeply offended and refused to believe in him.

Then Jesus told them, "A prophet is honored everywhere except in his own hometown and among his relatives and his own family." And because of their unbelief, he couldn't do any miracles among them except to place his hands on a few sick people and heal them. And he was amazed at their unbelief.

Then Jesus went from village to village, teaching the people. And he called his twelve disciples together and began sending them out two by two, giving them authority to cast out evil spirits. He told them to take nothing for their journey except a walking stick—no food, no traveler's bag, no money. He allowed them to wear sandals but not to take a change of clothes.

"Wherever you go," he said, "stay in the same house until you leave town. But if any place refuses to welcome you or listen to you, shake its dust from your feet as you leave to show that you have abandoned those people to their fate."

So the disciples went out, telling everyone they met to repent of their sins and turn to God. And they cast out many demons and healed many sick people, anointing them with olive oil.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.

Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 64

For the choir director: A psalm of David.

O God, listen to my complaint.

Protect my life from my enemies' threats.

Hide me from the plots of this evil mob,
from this gang of wrongdoers.

They sharpen their tongues like swords
and aim their bitter words like arrows.

They shoot from ambush at the innocent,
attacking suddenly and fearlessly.

They encourage each other to do evil
and plan how to set their traps in secret.

"Who will ever notice?" they ask.

As they plot their crimes, they say,

"We have devised the perfect plan!"

Yes, the human heart and mind are cunning.

But God himself will shoot them with his arrows,
suddenly striking them down.

Their own tongues will ruin them,
and all who see them will shake their heads in scorn.

Then everyone will be afraid;

they will proclaim the mighty acts of God
and realize all the amazing things he does.

The godly will rejoice in the Lord
and find shelter in him.

And those who do what is right
will praise him.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Evening Short Reading:

"During the many occupations that fill the day our minds must be constantly fixed on God, and our eyes always turned towards Him either by using spontaneous prayer or simply by turning our thoughts to Him. It matters little what means we use, so long as the soul gazes on her Beloved. The hours given up entirely to prayer will give us the strength with God's grace, to keep ourselves in His presence through the rest of the day and give up all our time to what is called perpetual prayer"
- Celtic Daily Prayer

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 6:14-29

Herod Antipas, the king, soon heard about Jesus, because everyone was talking about him. Some were saying, "This must be John the Baptist raised from the dead. That is why he can do such miracles." Others said, "He's the prophet Elijah." Still others said, "He's a prophet like the other great prophets of the past."

When Herod heard about Jesus, he said, "John, the man I beheaded, has come back from the dead."

For Herod had sent soldiers to arrest and imprison John as a favor to Herodias. She had been his brother Philip's wife, but Herod had married her. John had been telling Herod, "It is against God's law for you to marry your brother's wife." So Herodias bore a grudge against John and wanted to kill him. But without Herod's approval she was powerless, for Herod respected John; and knowing that he was a good and holy man, he protected him. Herod was greatly disturbed whenever he talked with John, but even so, he liked to listen to him.

Herodias's chance finally came on Herod's birthday. He gave a party for his high government officials, army officers, and the leading citizens of Galilee. Then his daughter, also named Herodias, came in and performed a dance that greatly pleased Herod and his guests. "Ask me for anything you like," the king said to the girl, "and I will give it to you." He even vowed, "I will give you whatever you ask, up to half my kingdom!"

She went out and asked her mother, "What should I ask for?"

Her mother told her, "Ask for the head of John the Baptist!"

So the girl hurried back to the king and told him, "I want the head of John the Baptist, right now, on a tray!"

Then the king deeply regretted what he had said; but because of the vows he had made in front of his guests, he couldn't refuse her. So he immediately sent an executioner to the prison to cut off John's head and bring it to him. The soldier beheaded John in the prison,

brought his head on a tray, and gave it to the girl, who took it to her mother. When John's disciples heard what had happened, they came to get his body and buried it in a tomb.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 65

For the choir director: A song. A psalm of David.

What mighty praise, O God,
 belongs to you in Zion.
We will fulfill our vows to you,
 for you answer our prayers.
All of us must come to you.
Though we are overwhelmed by our sins,
 you forgive them all.
What joy for those you choose to bring near,
 those who live in your holy courts.
What festivities await us
 inside your holy Temple.

You faithfully answer our prayers with awesome deeds,
 O God our savior.
You are the hope of everyone on earth,
 even those who sail on distant seas.
You formed the mountains by your power
 and armed yourself with mighty strength.
You quieted the raging oceans
 with their pounding waves
 and silenced the shouting of the nations.
Those who live at the ends of the earth
 stand in awe of your wonders.
From where the sun rises to where it sets,
 you inspire shouts of joy.

You take care of the earth and water it,
 making it rich and fertile.
The river of God has plenty of water;
 it provides a bountiful harvest of grain,
 for you have ordered it so.
You drench the plowed ground with rain,
 melting the clods and leveling the ridges.
You soften the earth with showers
 and bless its abundant crops.
You crown the year with a bountiful harvest;
 even the hard pathways overflow with abundance.
The grasslands of the wilderness become a lush pasture,
 and the hillsides blossom with joy.
The meadows are clothed with flocks of sheep,
 and the valleys are carpeted with grain.
They all shout and sing for joy!

Intercession:

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

October 12, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Morning Short Reading:

"Our decisions regarding what resources and how many of those resources we use are not rooted in oversimplified categories of "more or less," but instead are nourished by a story of a God who is sufficient, active in the world, and forming a community of co-laborers to manage the created order"

- Will Samson, Enough: Contentment in an Age of Excess

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 6:30-44

The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

So they left by boat for a quiet place, where they could be alone. But many people recognized them and saw them leaving, and people from many towns ran ahead along the shore and got there ahead of them. Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them because they were like sheep without a shepherd. So he began teaching them many things.

Late in the afternoon his disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away so they can go to the nearby farms and villages and buy something to eat."

But Jesus said, "You feed them."

"With what?" they asked. "We'd have to work for months to earn enough money to buy food for all these people!"

"How much bread do you have?" he asked. "Go and find out."

They came back and reported, "We have five loaves of bread and two fish."

Then Jesus told the disciples to have the people sit down in groups on the green grass. So they sat down in groups of fifty or a hundred.

Jesus took the five loaves and two fish, looked up toward heaven, and blessed them. Then, breaking the loaves into pieces, he kept giving the bread to the disciples so they could distribute it to the people. He also divided the fish for everyone to share. They all ate as much as they wanted, and afterward, the disciples picked up twelve baskets of leftover bread and fish. A total of 5,000 men and their families were fed from those loaves!

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 66:1-10

For the choir director: A song. A psalm.
Shout joyful praises to God, all the earth!
Sing about the glory of his name!
Tell the world how glorious he is.
Say to God, "How awesome are your deeds!
Your enemies cringe before your mighty power.
Everything on earth will worship you;
they will sing your praises,
shouting your name in glorious songs."

Interlude

Come and see what our God has done,
what awesome miracles he performs for people!
He made a dry path through the Red Sea,
and his people went across on foot.
There we rejoiced in him.
For by his great power he rules forever.
He watches every movement of the nations;
let no rebel rise in defiance.

Interlude

Let the whole world bless our God
and loudly sing his praises.
Our lives are in his hands,
and he keeps our feet from stumbling.
You have tested us, O God;
you have purified us like silver.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Evening Short Reading:

"What [God] ordains for us each moment is what is most holy, best and most divine for us."
- Jean-Pierre de Caussade, The Sacrament of the Present Moment

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 6:45-56

Immediately after this, Jesus insisted that his disciples get back into the boat and head across the lake to Bethsaida, while he sent the people home. After telling everyone good-bye, he went up into the hills by himself to pray.

Late that night, the disciples were in their boat in the middle of the lake, and Jesus was alone on land. He saw that they were in serious trouble, rowing hard and struggling against the wind and waves. About three o'clock in the morning Jesus came toward them, walking on the water. He intended to go past them, but when they saw him walking on the water, they cried out in terror, thinking he was a ghost. They were all terrified when they saw him.

But Jesus spoke to them at once. "Don't be afraid," he said. "Take courage! I am here!" Then he climbed into the boat, and the wind stopped. They were totally amazed, for they still didn't understand the significance of the miracle of the loaves. Their hearts were too hard to take it in.

After they had crossed the lake, they landed at Gennesaret. They brought the boat to shore and climbed out. The people recognized Jesus at once, and they ran throughout the whole area, carrying sick people on mats to wherever they heard he was. Wherever he went—in villages, cities, or the countryside—they brought the sick out to the marketplaces. They begged him to let the sick touch at least the fringe of his robe, and all who touched him were healed.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 66:11-20

You captured us in your net
and laid the burden of slavery on our backs.
Then you put a leader over us.
We went through fire and flood,
but you brought us to a place of great abundance.

Now I come to your Temple with burnt offerings
to fulfill the vows I made to you—
yes, the sacred vows that I made
when I was in deep trouble.
That is why I am sacrificing burnt offerings to you—
the best of my rams as a pleasing aroma,
and a sacrifice of bulls and male goats.

Interlude

Come and listen, all you who fear God,
and I will tell you what he did for me.
For I cried out to him for help,
praising him as I spoke.
If I had not confessed the sin in my heart,
the Lord would not have listened.
But God did listen!
He paid attention to my prayer.
Praise God, who did not ignore my prayer
or withdraw his unfailing love from me.

Intercession:

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

October 13, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Morning Short Reading:

"Perhaps what we need, then, is a new wave of prophets, people willing to speak God's truth into action in our current world. We are not short on secular prophets - their prophecies of everything from the financial future to the globalized world line the bookshelves of our stores. But if we are to get back to living in rhythm with God's heartbeat and finding answers to our questions of what is enough we must find the farmers and shepherds, or in our case, the lawyers and Starbucks baristas and stay at home moms or dads, who are willing to speak prophetically as followers of Jesus back into our culture and especially into the church."
- Will Samson, Enough: Contentment in an Age of Excess

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 7:1-13

One day some Pharisees and teachers of religious law arrived from Jerusalem to see Jesus. They noticed that some of his disciples failed to follow the Jewish ritual of hand washing before eating. (The Jews, especially the Pharisees, do not eat until they have poured water over their cupped hands, as required by their ancient traditions. Similarly, they don't eat anything from the market until they immerse their hands in water. This is but one of many traditions they have clung to—such as their ceremonial washing of cups, pitchers, and kettles.)

So the Pharisees and teachers of religious law asked him, "Why don't your disciples follow our age-old tradition? They eat without first performing the hand-washing ceremony."

Jesus replied, "You hypocrites! Isaiah was right when he prophesied about you, for he wrote,

'These people honor me with their lips,
but their hearts are far from me.
Their worship is a farce,
for they teach man-made ideas as commands from God.'

For you ignore God's law and substitute your own tradition."

Then he said, "You skillfully sidestep God's law in order to hold on to your own tradition. For instance, Moses gave you this law from God: 'Honor your father and mother,' and 'Anyone who speaks disrespectfully of father or mother must be put to death.' But you say it is all right for people to say to their parents, 'Sorry, I can't help you. For I have vowed to give to God what I would have given to you.' In this way, you let them disregard their needy parents. And so you cancel the word of God in order to hand down your own tradition. And this is only one example among many others."

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed

Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 67

For the choir director: A song. A psalm, to be accompanied by stringed instruments.

May God be merciful and bless us.
May his face smile with favor on us.
Interlude

May your ways be known throughout the earth,
your saving power among people everywhere.
May the nations praise you, O God.
Yes, may all the nations praise you.
Let the whole world sing for joy,
because you govern the nations with justice
and guide the people of the whole world.
Interlude

May the nations praise you, O God.
Yes, may all the nations praise you.
Then the earth will yield its harvests,
and God, our God, will richly bless us.
Yes, God will bless us,
and people all over the world will fear him.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Evening Short Reading:

"The smallest things become great when God requires them of us; they are small only in themselves; they are always great when they are done for God."

- Francois Fenelon, Christian Perfection

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 7:14-23

Then Jesus called to the crowd to come and hear. "All of you listen," he said, "and try to understand. It's not what goes into your body that defiles you; you are defiled by what comes from your heart."

Then Jesus went into a house to get away from the crowd, and his disciples asked him what he meant by the parable he had just used. "Don't you understand either?" he asked. "Can't you see that the food you put into your body cannot defile you? Food doesn't go into your heart, but only passes through the stomach and then goes into the sewer." (By saying this, he declared that every kind of food is acceptable in God's eyes.)

And then he added, "It is what comes from inside that defiles you. For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you."

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 68:1-10

For the choir director: A song. A psalm of David.

Rise up, O God, and scatter your enemies.

Let those who hate God run for their lives.

Blow them away like smoke.

Melt them like wax in a fire.

Let the wicked perish in the presence of God.

But let the godly rejoice.

Let them be glad in God's presence.
Let them be filled with joy.
Sing praises to God and to his name!
Sing loud praises to him who rides the clouds.
His name is the Lord—
rejoice in his presence!

Father to the fatherless, defender of widows—
this is God, whose dwelling is holy.
God places the lonely in families;
he sets the prisoners free and gives them joy.
But he makes the rebellious live in a sun-scorched land.

O God, when you led your people out from Egypt,
when you marched through the dry wasteland,
Interlude

the earth trembled, and the heavens poured down rain
before you, the God of Sinai,
before God, the God of Israel.
You sent abundant rain, O God,
to refresh the weary land.
There your people finally settled,
and with a bountiful harvest, O God,
you provided for your needy people.

Intercession:

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

October 14, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Morning Short Reading:

"We ought not to be weary of doing little things for the love of God, who regards not the greatness of the work, but the love with which it is performed."
- Brother Lawrence

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 7:24-30

Then Jesus left Galilee and went north to the region of Tyre. He didn't want anyone to know which house he was staying in, but he couldn't keep it a secret. Right away a woman who had heard about him came and fell at his feet. Her little girl was possessed by an evil spirit, and she begged him to cast out the demon from her daughter.

Since she was a Gentile, born in Syrian Phoenicia, Jesus told her, "First I should feed the children—my own family, the Jews. It isn't right to take food from the children and throw it to the dogs."

She replied, "That's true, Lord, but even the dogs under the table are allowed to eat the scraps from the children's plates."

"Good answer!" he said. "Now go home, for the demon has left your daughter." And when she arrived home, she found her little girl lying quietly in bed, and the demon was gone.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 68:11-22

The Lord gives the word,
and a great army brings the good news.
Enemy kings and their armies flee,
while the women of Israel divide the plunder.
Even those who lived among the sheepfolds found treasures—
doves with wings of silver
and feathers of gold.
The Almighty scattered the enemy kings
like a blowing snowstorm on Mount Zalmon.

The mountains of Bashan are majestic,
with many peaks stretching high into the sky.
Why do you look with envy, O rugged mountains,
at Mount Zion, where God has chosen to live,
where the Lord himself will live forever?

Surrounded by unnumbered thousands of chariots,
the Lord came from Mount Sinai into his sanctuary.
When you ascended to the heights,
you led a crowd of captives.
You received gifts from the people,
even from those who rebelled against you.
Now the Lord God will live among us there.

Praise the Lord; praise God our savior!
For each day he carries us in his arms.
Interlude

Our God is a God who saves!
The Sovereign Lord rescues us from death.

But God will smash the heads of his enemies,
crushing the skulls of those who love their guilty ways.
The Lord says, “I will bring my enemies down from Bashan;
I will bring them up from the depths of the sea.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Matthew 11:28-30

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Evening Short Reading:

"The meek man will attain a place of soul rest. As he walks on in meekness he will be happy to let God defend him. The old struggle to defend himself is over. He has found the peace which meekness brings."

- A.W. Tozer

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 7:31-37

Jesus left Tyre and went up to Sidon before going back to the Sea of Galilee and the region of the Ten Towns. A deaf man with a speech impediment was brought to him, and the people begged Jesus to lay his hands on the man to heal him.

Jesus led him away from the crowd so they could be alone. He put his fingers into the man's ears. Then, spitting on his own fingers, he touched the man's tongue. Looking up to heaven, he sighed and said, "Ephphatha," which means, "Be opened!" Instantly the man could hear perfectly, and his tongue was freed so he could speak plainly!

Jesus told the crowd not to tell anyone, but the more he told them not to, the more they spread the news. They were completely amazed and said again and again, "Everything he does is wonderful. He even makes the deaf to hear and gives speech to those who cannot speak."

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 68:23-35

You, my people, will wash your feet in their blood,
and even your dogs will get their share!"

Your procession has come into view, O God—
the procession of my God and King as he goes into the sanctuary.
Singers are in front, musicians behind;
between them are young women playing tambourines.

Praise God, all you people of Israel;
praise the Lord, the source of Israel's life.
Look, the little tribe of Benjamin leads the way.
Then comes a great throng of rulers from Judah
and all the rulers of Zebulun and Naphtali.

Summon your might, O God.
Display your power, O God, as you have in the past.
The kings of the earth are bringing tribute
to your Temple in Jerusalem.
Rebuke these enemy nations—
these wild animals lurking in the reeds,
this herd of bulls among the weaker calves.
Make them bring bars of silver in humble tribute.
Scatter the nations that delight in war.
Let Egypt come with gifts of precious metals;
let Ethiopia bow in submission to God.
Sing to God, you kingdoms of the earth.
Sing praises to the Lord.

Interlude

Sing to the one who rides across the ancient heavens,
his mighty voice thundering from the sky.
Tell everyone about God's power.
His majesty shines down on Israel;
his strength is mighty in the heavens.
God is awesome in his sanctuary.
The God of Israel gives power and strength to his people.

Praise be to God!

Intercession:

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

October 15, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.”

- Saint Augustine

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 8:1-13

About this time another large crowd had gathered, and the people ran out of food again. Jesus called his disciples and told them, “I feel sorry for these people. They have been here with me for three days, and they have nothing left to eat. If I send them home hungry, they will faint along the way. For some of them have come a long distance.”

His disciples replied, “How are we supposed to find enough food to feed them out here in the wilderness?”

Jesus asked, “How much bread do you have?”

“Seven loaves,” they replied.

So Jesus told all the people to sit down on the ground. Then he took the seven loaves, thanked God for them, and broke them into pieces. He gave them to his disciples, who distributed the bread to the crowd. A few small fish were found, too, so Jesus also blessed these and told the disciples to distribute them.

They ate as much as they wanted. Afterward, the disciples picked up seven large baskets of leftover food. There were about 4,000 people in the crowd that day, and Jesus sent them home after they had eaten. Immediately after this, he got into a boat with his disciples and crossed over to the region of Dalmanutha.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 69

For the choir director: A psalm of David, to be sung to the tune “Lilies.”

Save me, O God,
for the floodwaters are up to my neck.
Deeper and deeper I sink into the mire;

I can't find a foothold.
I am in deep water,
and the floods overwhelm me.
I am exhausted from crying for help;
my throat is parched.
My eyes are swollen with weeping,
waiting for my God to help me.
Those who hate me without cause
outnumber the hairs on my head.
Many enemies try to destroy me with lies,
demanding that I give back what I didn't steal.

O God, you know how foolish I am;
my sins cannot be hidden from you.
Don't let those who trust in you be ashamed because of me,
O Sovereign Lord of Heaven's Armies.
Don't let me cause them to be humiliated,
O God of Israel.
For I endure insults for your sake;
humiliation is written all over my face.
Even my own brothers pretend they don't know me;
they treat me like a stranger.

Passion for your house has consumed me,
and the insults of those who insult you have fallen on me.
When I weep and fast,
they scoff at me.
When I dress in burlap to show sorrow,
they make fun of me.
I am the favorite topic of town gossip,
and all the drunks sing about me.

But I keep praying to you, Lord,
hoping this time you will show me favor.
In your unfailing love, O God,
answer my prayer with your sure salvation.
Rescue me from the mud;
don't let me sink any deeper!
Save me from those who hate me,
and pull me from these deep waters.
Don't let the floods overwhelm me,
or the deep waters swallow me,
or the pit of death devour me.

Answer my prayers, O Lord,
for your unfailing love is wonderful.
Take care of me,
for your mercy is so plentiful.
Don't hide from your servant;
answer me quickly, for I am in deep trouble!
Come and redeem me;
free me from my enemies.

You know of my shame, scorn, and disgrace.
You see all that my enemies are doing.
Their insults have broken my heart,
and I am in despair.
If only one person would show some pity;
if only one would turn and comfort me.
But instead, they give me poison for food;
they offer me sour wine for my thirst.

Let the bountiful table set before them become a snare
and their prosperity become a trap.
Let their eyes go blind so they cannot see,
and make their bodies shake continually.
Pour out your fury on them;
consume them with your burning anger.
Let their homes become desolate
and their tents be deserted.
To the one you have punished, they add insult to injury;
they add to the pain of those you have hurt.
Pile their sins up high,
and don't let them go free.
Erase their names from the Book of Life;
don't let them be counted among the righteous.

I am suffering and in pain.
Rescue me, O God, by your saving power.

Then I will praise God's name with singing,
and I will honor him with thanksgiving.
For this will please the Lord more than sacrificing cattle,
more than presenting a bull with its horns and hooves.
The humble will see their God at work and be glad.
Let all who seek God's help be encouraged.
For the Lord hears the cries of the needy;
he does not despise his imprisoned people.

Praise him, O heaven and earth,
the seas and all that move in them.
For God will save Jerusalem
and rebuild the towns of Judah.
His people will live there
and settle in their own land.
The descendants of those who obey him will inherit the land,
and those who love him will live there in safety.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philipians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“Want less.”
- Bumper sticker

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 8:11-21

When the Pharisees heard that Jesus had arrived, they came and started to argue with him. Testing him, they demanded that he show them a miraculous sign from heaven to prove his authority.

When he heard this, he sighed deeply in his spirit and said, “Why do these people keep demanding a miraculous sign? I tell you the truth, I will not give this generation any such sign.” So he got back into the boat and left them, and he crossed to the other side of the lake.

But the disciples had forgotten to bring any food. They had only one loaf of bread with them in the boat. As they were crossing the lake, Jesus warned them, “Watch out! Beware of the yeast of the Pharisees and of Herod.”

At this they began to argue with each other because they hadn't brought any bread. Jesus knew what they were saying, so he said, “Why are you arguing about having no bread? Don't you know or understand even yet? Are your hearts too hard to take it in? 'You have eyes—can't you see? You have ears—can't you hear?' Don't you remember anything at all? When I fed the 5,000 with five loaves of bread, how many baskets of leftovers did you pick up afterward?”

“Twelve,” they said.

“And when I fed the 4,000 with seven loaves, how many large baskets of leftovers did you pick up?”

“Seven,” they said.

“Don't you understand yet?” he asked them.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 70

For the choir director: A psalm of David, asking God to remember him.

Please, God, rescue me!

Come quickly, Lord, and help me.

May those who try to kill me

be humiliated and put to shame.

May those who take delight in my trouble

be turned back in disgrace.

Let them be horrified by their shame,

for they said, “Aha! We’ve got him now!”

But may all who search for you

be filled with joy and gladness in you.

May those who love your salvation

repeatedly shout, “God is great!”

But as for me, I am poor and needy;

please hurry to my aid, O God.

You are my helper and my savior;

O Lord, do not delay.

Intercession:

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

October 16, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“The terrible reality of the fall was nothing more than a repudiation of our dependence upon God. Adam and Eve took to themselves what God had forbidden. They said, in effect, “We will provide for ourselves.” They mistrusted the goodness of God by believing the serpent’s lie that God was holding back from them something good. And when they did, they realized that they were naked. The nakedness in question was not so much a lack of clothes as it was the awful vulnerability which they assumed in repudiating their dependence. Independence always comes at a high price, and especially so when it involves a rejection of the gracious provision of God.”

- Richard Foster, Freedom of Simplicity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 8:22-30

When they arrived at Bethsaida, some people brought a blind man to Jesus, and they begged him to touch the man and heal him. Jesus took the blind man by the hand and led him out of the village. Then, spitting on the man’s eyes, he laid his hands on him and asked, “Can you see anything now?”

The man looked around. “Yes,” he said, “I see people, but I can’t see them very clearly. They look like trees walking around.”

Then Jesus placed his hands on the man’s eyes again, and his eyes were opened. His sight was completely restored, and he could see everything clearly. Jesus sent him away, saying, “Don’t go back into the village on your way home.”

Jesus and his disciples left Galilee and went up to the villages near Caesarea Philippi. As they were walking along, he asked them, “Who do people say I am?”

“Well,” they replied, “some say John the Baptist, some say Elijah, and others say you are one of the other prophets.”

Then he asked them, “But who do you say I am?”

Peter replied, “You are the Messiah.”

But Jesus warned them not to tell anyone about him.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.

For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 71:1-12

For the choir director: A psalm of David, asking God to remember him.
Please, God, rescue me!
Come quickly, Lord, and help me.
May those who try to kill me
be humiliated and put to shame.
May those who take delight in my trouble
be turned back in disgrace.
Let them be horrified by their shame,
for they said, “Aha! We’ve got him now!”
But may all who search for you
be filled with joy and gladness in you.
May those who love your salvation
repeatedly shout, “God is great!”
But as for me, I am poor and needy;
please hurry to my aid, O God.
You are my helper and my savior;
O Lord, do not delay.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we’ll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“As we become exposed to the poor and their needs, the rich young ruler and the widow and her mite lose the storybook quality of our childhood faith, and the figures in the counter-cultural literature of a revolutionary leader –the very one whom we call Saviour. The first commandment and all the Scriptures on the worship of idols begin to lay bare our own primitive selves. Some of us have looked into the face of our idols and found that one of them is money.”

- Elizabeth O'Conner, Church of the Saviour

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 8:38 - 9:1

Then Jesus began to tell them that the Son of Man must suffer many terrible things and be rejected by the elders, the leading priests, and the teachers of religious law. He would be killed, but three days later he would rise from the dead. As he talked about this openly with his disciples, Peter took him aside and began to reprimand him for saying such things.

Jesus turned around and looked at his disciples, then reprimanded Peter. “Get away from me, Satan!” he said. “You are seeing things merely from a human point of view, not from God’s.”

Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul? If anyone is ashamed of me and my message in these adulterous and sinful days, the Son of Man will be ashamed of that person when he returns in the glory of his Father with the holy angels.”

Jesus went on to say, “I tell you the truth, some standing here right now will not die before they see the Kingdom of God arrive in great power!”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 71:13-24

O Lord, I have come to you for protection;
don't let me be disgraced.
Save me and rescue me,
for you do what is right.
Turn your ear to listen to me,
and set me free.

Be my rock of safety
where I can always hide.
Give the order to save me,
for you are my rock and my fortress.
My God, rescue me from the power of the wicked,
from the clutches of cruel oppressors.
O Lord, you alone are my hope.
I've trusted you, O Lord, from childhood.
Yes, you have been with me from birth;
from my mother's womb you have cared for me.
No wonder I am always praising you!

My life is an example to many,
because you have been my strength and protection.
That is why I can never stop praising you;
I declare your glory all day long.
And now, in my old age, don't set me aside.
Don't abandon me when my strength is failing.
For my enemies are whispering against me.
They are plotting together to kill me.
They say, "God has abandoned him.
Let's go and get him,
for no one will help him now."

O God, don't stay away.
My God, please hurry to help me.

Intercession:

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

October 17, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“The first advice I would give to those who have been saved from sin by grace is to watch and pray continually against pride.”

- John Wesley, Christian Perfection

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 9:2-13

Six days later Jesus took Peter, James, and John, and led them up a high mountain to be alone. As the men watched, Jesus' appearance was transformed, and his clothes became dazzling white, far whiter than any earthly bleach could ever make them. Then Elijah and Moses appeared and began talking with Jesus.

Peter exclaimed, “Rabbi, it's wonderful for us to be here! Let's make three shelters as memorials—one for you, one for Moses, and one for Elijah.” He said this because he didn't really know what else to say, for they were all terrified.

Then a cloud overshadowed them, and a voice from the cloud said, “This is my dearly loved Son. Listen to him.” Suddenly, when they looked around, Moses and Elijah were gone, and they saw only Jesus with them.

As they went back down the mountain, he told them not to tell anyone what they had seen until the Son of Man had risen from the dead. So they kept it to themselves, but they often asked each other what he meant by “rising from the dead.”

Then they asked him, “Why do the teachers of religious law insist that Elijah must return before the Messiah comes?”

Jesus responded, “Elijah is indeed coming first to get everything ready. Yet why do the Scriptures say that the Son of Man must suffer greatly and be treated with utter contempt? But I tell you, Elijah has already come, and they chose to abuse him, just as the Scriptures predicted.”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 72:1-10

A psalm of Solomon.

Give your love of justice to the king, O God,
and righteousness to the king's son.
Help him judge your people in the right way;
let the poor always be treated fairly.
May the mountains yield prosperity for all,
and may the hills be fruitful.
Help him to defend the poor,
to rescue the children of the needy,
and to crush their oppressors.
May they fear you as long as the sun shines,
as long as the moon remains in the sky.
Yes, forever!

May the king's rule be refreshing like spring rain on freshly cut grass,
like the showers that water the earth.
May all the godly flourish during his reign.
May there be abundant prosperity until the moon is no more.
May he reign from sea to sea,
and from the Euphrates River to the ends of the earth.
Desert nomads will bow before him;
his enemies will fall before him in the dust.
The western kings of Tarshish and other distant lands
will bring him tribute.
The eastern kings of Sheba and Seba
will bring him gifts.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“Also, beware of desiring anything other than God. Jesus said, ‘If your eye remains single your whole body will be full of light.’ Do not allow the desire for tasteful food or any other pleasure of the senses, the desire of pleasing the eye or the imagination, the desire for money or praise or power to rule you. While you have the ability to feel these desire, you are not compelled to feel them. Stand fast in the liberty wherewith Christ has made you free! Be an example to all of denying yourself and taking up your cross daily. Let others see that you are not interested in any pleasure that does not bring you nearer to God, nor regard any pain which does. Let them see that you simply aim at pleasing God in everything. Let the language of your heart sing out with regard to pleasure or pain, riches or poverty, honor or dishonor, ‘All’s alike to me, so I and my Lord may live and die!’”

- John Wesley, Christian Perfection

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 9:14-29

When they returned to the other disciples, they saw a large crowd surrounding them, and some teachers of religious law were arguing with them. When the crowd saw Jesus, they were overwhelmed with awe, and they ran to greet him.

“What is all this arguing about?” Jesus asked.

One of the men in the crowd spoke up and said, “Teacher, I brought my son so you could heal him. He is possessed by an evil spirit that won’t let him talk. And whenever this spirit seizes him, it throws him violently to the ground. Then he foams at the mouth and grinds his teeth and becomes rigid. So I asked your disciples to cast out the evil spirit, but they couldn’t do it.”

Jesus said to them, “You faithless people! How long must I be with you? How long must I put up with you? Bring the boy to me.”

So they brought the boy. But when the evil spirit saw Jesus, it threw the child into a violent convulsion, and he fell to the ground, writhing and foaming at the mouth.

“How long has this been happening?” Jesus asked the boy’s father.

He replied, “Since he was a little boy. The spirit often throws him into the fire or into water, trying to kill him. Have mercy on us and help us, if you can.”

“What do you mean, ‘If I can’?” Jesus asked. “Anything is possible if a person believes.”

The father instantly cried out, “I do believe, but help me overcome my unbelief!”

When Jesus saw that the crowd of onlookers was growing, he rebuked the evil spirit. “Listen, you spirit that makes this boy unable to hear and speak,” he said. “I command you to come out of this child and never enter him again!”

Then the spirit screamed and threw the boy into another violent convulsion and left him. The boy appeared to be dead. A murmur ran through the crowd as people said, “He’s dead.” But Jesus took him by the hand and helped him to his feet, and he stood up.

Afterward, when Jesus was alone in the house with his disciples, they asked him, “Why couldn’t we cast out that evil spirit?”

Jesus replied, “This kind can be cast out only by prayer.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 72:11-20

All kings will bow before him,
and all nations will serve him.

He will rescue the poor when they cry to him;
he will help the oppressed, who have no one to defend them.
He feels pity for the weak and the needy,
and he will rescue them.
He will redeem them from oppression and violence,
for their lives are precious to him.

Long live the king!
May the gold of Sheba be given to him.
May the people always pray for him
and bless him all day long.
May there be abundant grain throughout the land,
flourishing even on the hilltops.
May the fruit trees flourish like the trees of Lebanon,
and may the people thrive like grass in a field.
May the king’s name endure forever;
may it continue as long as the sun shines.
May all nations be blessed through him
and bring him praise.

Praise the Lord God, the God of Israel,
who alone does such wonderful things.
Praise his glorious name forever!
Let the whole earth be filled with his glory.
Amen and amen!

(This ends the prayers of David son of Jesse.)

Intercession:

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

October 18, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“The Christian way is different: harder and easier. Christ says, ‘Give me all. I don’t so much of your time and so much of your money and so much of your work: I want you. I have not come to torment your natural self, but to kill it. No half measures are any good. I don’t want to cut off a branch here and a branch there, I want to have the whole tree down. Hand over the whole natural self, and all the desires which you think innocent as well as the ones you think wicked - the whole outfit. I will give you a new self instead. In fact, I will give you Myself; my own will shall become yours. Both harder and easier than what we are all trying to do. You have noticed, I expect, that Christ Himself sometimes describes the Christian way as very hard, sometimes as very easy. He says, ‘Take up your cross’ - in other words, it is like going to be beaten to death in a concentration camp. Next minute he says, ‘My yoke is easy and burden is light.’ He means both. And one can just see why both are true.”

- C.S. Lewis, Mere Christianity

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 9:30-37

Leaving that region, they traveled through Galilee. Jesus didn’t want anyone to know he was there, for he wanted to spend more time with his disciples and teach them. He said to them, “The Son of Man is going to be betrayed into the hands of his enemies. He will be killed, but three days later he will rise from the dead.” They didn’t understand what he was saying, however, and they were afraid to ask him what he meant.
The Greatest in the Kingdom

After they arrived at Capernaum and settled in a house, Jesus asked his disciples, “What were you discussing out on the road?” But they didn’t answer, because they had been arguing about which of them was the greatest. He sat down, called the twelve disciples over to him, and said, “Whoever wants to be first must take last place and be the servant of everyone else.”

Then he put a little child among them. Taking the child in his arms, he said to them, “Anyone who welcomes a little child like this on my behalf welcomes me, and anyone who welcomes me welcomes not only me but also my Father who sent me.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 73:1-10

A psalm of Asaph.

Truly God is good to Israel,
to those whose hearts are pure.
But as for me, I almost lost my footing.
My feet were slipping, and I was almost gone.
For I envied the proud
when I saw them prosper despite their wickedness.
They seem to live such painless lives;
their bodies are so healthy and strong.
They don't have troubles like other people;
they're not plagued with problems like everyone else.
They wear pride like a jeweled necklace
and clothe themselves with cruelty.
These fat cats have everything
their hearts could ever wish for!
They scoff and speak only evil;
in their pride they seek to crush others.
They boast against the very heavens,
and their words strut throughout the earth.
And so the people are dismayed and confused,
drinking in all their words.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“You are not making a gift of your possessions to the poor man. You are handing over to him what is his.”

- St Ambrose, Bishop of Milan, c. 380

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 9:38-50

John said to Jesus, “Teacher, we saw someone using your name to cast out demons, but we told him to stop because he wasn’t in our group.”

“Don’t stop him!” Jesus said. “No one who performs a miracle in my name will soon be able to speak evil of me. Anyone who is not against us is for us. If anyone gives you even a cup of water because you belong to the Messiah, I tell you the truth, that person will surely be rewarded.

“But if you cause one of these little ones who trusts in me to fall into sin, it would be better for you to be thrown into the sea with a large millstone hung around your neck. If your hand causes you to sin, cut it off. It’s better to enter eternal life with only one hand than to go into the unquenchable fires of hell with two hands. If your foot causes you to sin, cut it off. It’s better to enter eternal life with only one foot than to be thrown into hell with two feet. And if your eye causes you to sin, gouge it out. It’s better to enter the Kingdom of God with only one eye than to have two eyes and be thrown into hell, ‘where the maggots never die and the fire never goes out.’

“For everyone will be tested with fire. Salt is good for seasoning. But if it loses its flavor, how do you make it salty again? You must have the qualities of salt among yourselves and live in peace with each other.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 73:11-20

“What does God know?” they ask.
“Does the Most High even know what’s happening?”
Look at these wicked people—
enjoying a life of ease while their riches multiply.

Did I keep my heart pure for nothing?
Did I keep myself innocent for no reason?
I get nothing but trouble all day long;
every morning brings me pain.

If I had really spoken this way to others,
I would have been a traitor to your people.
So I tried to understand why the wicked prosper.
But what a difficult task it is!

Then I went into your sanctuary, O God,
and I finally understood the destiny of the wicked.
Truly, you put them on a slippery path
and send them sliding over the cliff to destruction.
In an instant they are destroyed,
completely swept away by terrors.
When you arise, O Lord,
you will laugh at their silly ideas
as a person laughs at dreams in the morning.

Intercession:

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

October 19, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“When someone steals a man’s cloths we call him a thief. Should we not give the same name to one who could clothe the naked and does not? The bread in your cupboard belongs to the hungry man; the coat hanging unused in your closet belongs to the man who needs it; the shoes rotting in your closet belong to the man who has no shoes; the money which you hoard up belongs to the poor.”

- Basil the Great, Bishop of Caesarea, c. 365

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 10:1-12

Then Jesus left Capernaum and went down to the region of Judea and into the area east of the Jordan River. Once again crowds gathered around him, and as usual he was teaching them.

Some Pharisees came and tried to trap him with this question: “Should a man be allowed to divorce his wife?”

Jesus answered them with a question: “What did Moses say in the law about divorce?”

“Well, he permitted it,” they replied. “He said a man can give his wife a written notice of divorce and send her away.”

But Jesus responded, “He wrote this commandment only as a concession to your hard hearts. But ‘God made them male and female’ from the beginning of creation. ‘This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.’ Since they are no longer two but one, let no one split apart what God has joined together.”

Later, when he was alone with his disciples in the house, they brought up the subject again. He told them, “Whoever divorces his wife and marries someone else commits adultery against her. And if a woman divorces her husband and marries someone else, she commits adultery.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 73:21-28

Then I realized that my heart was bitter,
and I was all torn up inside.
I was so foolish and ignorant—
I must have seemed like a senseless animal to you.
Yet I still belong to you;
you hold my right hand.
You guide me with your counsel,
leading me to a glorious destiny.
Whom have I in heaven but you?
I desire you more than anything on earth.
My health may fail, and my spirit may grow weak,
but God remains the strength of my heart;
he is mine forever.

Those who desert him will perish,
for you destroy those who abandon you.
But as for me, how good it is to be near God!
I have made the Sovereign Lord my shelter,
and I will tell everyone about the wonderful things you do.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“But there is one important step we can take that helps us begin the process of living more simply. That step involves distinguishing between our wants and our needs. It’s difficult for North Americans who have grown up on a steady diet of capitalism, consumer culture, and advertising to distinguish between things they really need and things they merely want. In fact, one of the primary purposes of advertising is to blur this important distinction, magnetically attracting us to a nearby shopping mall where we buy bags of things that advertisers promise will make us happy and make our lives complete.

- John Michael Talbot, *The Lessons of St. Francis*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 10:13-31

One day some parents brought their children to Jesus so he could touch and bless them. But the disciples scolded the parents for bothering him.

When Jesus saw what was happening, he was angry with his disciples. He said to them, “Let the children come to me. Don’t stop them! For the Kingdom of God belongs to those who are like these children. I tell you the truth, anyone who doesn’t receive the Kingdom of God like a child will never enter it.” Then he took the children in his arms and placed his hands on their heads and blessed them.

As Jesus was starting out on his way to Jerusalem, a man came running up to him, knelt down, and asked, “Good Teacher, what must I do to inherit eternal life?”

“Why do you call me good?” Jesus asked. “Only God is truly good. But to answer your question, you know the commandments: ‘You must not murder. You must not commit adultery. You must not steal. You must not testify falsely. You must not cheat anyone. Honor your father and mother.’”

“Teacher,” the man replied, “I’ve obeyed all these commandments since I was young.”

Looking at the man, Jesus felt genuine love for him. “There is still one thing you haven’t done,” he told him. “Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me.”

At this the man’s face fell, and he went away sad, for he had many possessions.

Jesus looked around and said to his disciples, “How hard it is for the rich to enter the Kingdom of God!” This amazed them. But Jesus said again, “Dear children, it is very hard to enter the Kingdom of God. In fact, it is easier for a camel to go through the eye of a needle than for a rich person to enter the Kingdom of God!”

The disciples were astounded. “Then who in the world can be saved?” they asked.

Jesus looked at them intently and said, “Humanly speaking, it is impossible. But not with God. Everything is possible with God.”

Then Peter began to speak up. “We’ve given up everything to follow you,” he said.

“Yes,” Jesus replied, “and I assure you that everyone who has given up house or brothers or sisters or mother or father or children or property, for my sake and for the Good News, will receive now in return a hundred times as many houses, brothers, sisters, mothers, children, and property—along with persecution. And in the world to come that person will have eternal

life. But many who are the greatest now will be least important then, and those who seem least important now will be the greatest then.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 74:1-11

A psalm of Asaph.

O God, why have you rejected us so long?
Why is your anger so intense against the sheep of your own pasture?
Remember that we are the people you chose long ago,
the tribe you redeemed as your own special possession!
And remember Jerusalem, your home here on earth.
Walk through the awful ruins of the city;
see how the enemy has destroyed your sanctuary.

There your enemies shouted their victorious battle cries;
there they set up their battle standards.
They swung their axes
like woodcutters in a forest.
With axes and picks,
they smashed the carved paneling.
They burned your sanctuary to the ground.
They defiled the place that bears your name.
Then they thought, “Let’s destroy everything!”
So they burned down all the places where God was worshiped.

We no longer see your miraculous signs.
All the prophets are gone,
and no one can tell us when it will end.
How long, O God, will you allow our enemies to insult you?
Will you let them dishonor your name forever?
Why do you hold back your strong right hand?
Unleash your powerful fist and destroy them.

Intercession:

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

October 20, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“How do we sort through the confusion? Here’s a simple formula for distinguishing between our wants and our needs:

- Food is a need. But a medium-rare T-bone steak smothered in onions is a want.
- Clothing is a need. But a designer suit with matching shoes is a want.
- Housing is a need. But a split-level ranch house with a semi-attached garage, walk-in closets, and three bathrooms is a want.”

- John Michael Talbot, The Lessons of St. Francis

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 10:32-45

They were now on the way up to Jerusalem, and Jesus was walking ahead of them. The disciples were filled with awe, and the people following behind were overwhelmed with fear. Taking the twelve disciples aside, Jesus once more began to describe everything that was about to happen to him. “Listen,” he said, “we’re going up to Jerusalem, where the Son of Man will be betrayed to the leading priests and the teachers of religious law. They will sentence him to die and hand him over to the Romans. They will mock him, spit on him, flog him with a whip, and kill him, but after three days he will rise again.”

Jesus Teaches about Serving Others

Then James and John, the sons of Zebedee, came over and spoke to him. “Teacher,” they said, “we want you to do us a favor.”

“What is your request?” he asked.

They replied, “When you sit on your glorious throne, we want to sit in places of honor next to you, one on your right and the other on your left.”

But Jesus said to them, “You don’t know what you are asking! Are you able to drink from the bitter cup of suffering I am about to drink? Are you able to be baptized with the baptism of suffering I must be baptized with?”

“Oh yes,” they replied, “we are able!”

Then Jesus told them, “You will indeed drink from my bitter cup and be baptized with my baptism of suffering. But I have no right to say who will sit on my right or my left. God has prepared those places for the ones he has chosen.”

When the ten other disciples heard what James and John had asked, they were indignant. So Jesus called them together and said, “You know that the rulers in this world lord it over their people, and officials flaunt their authority over those under them. But among you it will be different. Whoever wants to be a leader among you must be your servant, and whoever

wants to be first among you must be the slave of everyone else. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 74:12-23

You, O God, are my king from ages past,
bringing salvation to the earth.
You split the sea by your strength
and smashed the heads of the sea monsters.
You crushed the heads of Leviathan
and let the desert animals eat him.
You caused the springs and streams to gush forth,
and you dried up rivers that never run dry.
Both day and night belong to you;
you made the starlight and the sun.
You set the boundaries of the earth,
and you made both summer and winter.

See how these enemies insult you, Lord.
A foolish nation has dishonored your name.
Don't let these wild beasts destroy your turtledoves.
Don't forget your suffering people forever.

Remember your covenant promises,
for the land is full of darkness and violence!
Don't let the downtrodden be humiliated again.
Instead, let the poor and needy praise your name.

Arise, O God, and defend your cause.
Remember how these fools insult you all day long.
Don't overlook what your enemies have said
or their growing uproar.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“Not all wants are bad or destructive. For example, I’m a musician. I have a nice guitar and a better-than-average stereo. And I devote much of my time and energy to composing and performing music, even though I realize that music is a want, not a need. But I will still consider music and other creative arts as essential ingredients of a full and well-rounded life. Unlike trees, which can survive on a steady diet of sun and rain, people need intangibles like beauty and joy to thrive.”

- John Michael Talbot, The Lessons of St. Francis

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 10:46-52

Then they reached Jericho, and as Jesus and his disciples left town, a large crowd followed him. A blind beggar named Bartimaeus (son of Timaeus) was sitting beside the road. When Bartimaeus heard that Jesus of Nazareth was nearby, he began to shout, “Jesus, Son of David, have mercy on me!”

“Be quiet!” many of the people yelled at him.

But he only shouted louder, “Son of David, have mercy on me!”

When Jesus heard him, he stopped and said, “Tell him to come here.”

So they called the blind man. “Cheer up,” they said. “Come on, he’s calling you!” Bartimaeus threw aside his coat, jumped up, and came to Jesus.

“What do you want me to do for you?” Jesus asked.

“My rabbi,” the blind man said, “I want to see!”

And Jesus said to him, “Go, for your faith has healed you.” Instantly the man could see, and he followed Jesus down the road.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 75

For the choir director: A psalm of Asaph. A song to be sung to the tune “Do Not Destroy!”

We thank you, O God!

We give thanks because you are near.

People everywhere tell of your wonderful deeds.

God says, “At the time I have planned,
I will bring justice against the wicked.
When the earth quakes and its people live in turmoil,
I am the one who keeps its foundations firm.

Interlude

“I warned the proud, ‘Stop your boasting!’
I told the wicked, ‘Don’t raise your fists!
Don’t raise your fists in defiance at the heavens
or speak with such arrogance.”
For no one on earth—from east or west,
or even from the wilderness—
should raise a defiant fist.
It is God alone who judges;
he decides who will rise and who will fall.
For the Lord holds a cup in his hand
that is full of foaming wine mixed with spices.
He pours out the wine in judgment,
and all the wicked must drink it,
draining it to the dregs.

But as for me, I will always proclaim what God has done;
I will sing praises to the God of Jacob.
For God says, “I will break the strength of the wicked,
but I will increase the power of the godly.”

Intercession:

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

October 21, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“We Christians must simplify our lives or lose untold treasures on earth and in eternity. Modern civilization is so complex as to make the devotional life all but impossible. It wears us out by multiplying distractions and beats us down by destroying our solitude, where otherwise we might drink and renew our strength before going out to face the world again.”
- Warren W. Wiersbe, *The Best of A. W. Tozer*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 11:1-11

As Jesus and his disciples approached Jerusalem, they came to the towns of Bethphage and Bethany on the Mount of Olives. Jesus sent two of them on ahead. “Go into that village over there,” he told them. “As soon as you enter it, you will see a young donkey tied there that no one has ever ridden. Untie it and bring it here. If anyone asks, ‘What are you doing?’ just say, ‘The Lord needs it and will return it soon.’”

The two disciples left and found the colt standing in the street, tied outside the front door. As they were untying it, some bystanders demanded, “What are you doing, untying that colt?” They said what Jesus had told them to say, and they were permitted to take it. Then they brought the colt to Jesus and threw their garments over it, and he sat on it.

Many in the crowd spread their garments on the road ahead of him, and others spread leafy branches they had cut in the fields. Jesus was in the center of the procession, and the people all around him were shouting,

“Praise God!
Blessings on the one who comes in the name of the Lord!
Blessings on the coming Kingdom of our ancestor David!
Praise God in highest heaven!”

So Jesus came to Jerusalem and went into the Temple. After looking around carefully at everything, he left because it was late in the afternoon. Then he returned to Bethany with the twelve disciples.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 76

For the choir director: A psalm of Asaph. A song to be accompanied by stringed instruments.

God is honored in Judah;
his name is great in Israel.
Jerusalem is where he lives;
Mount Zion is his home.
There he has broken the fiery arrows of the enemy,
the shields and swords and weapons of war.

Interlude

You are glorious and more majestic
than the everlasting mountains.
Our boldest enemies have been plundered.
They lie before us in the sleep of death.
No warrior could lift a hand against us.
At the blast of your breath, O God of Jacob,
their horses and chariots lay still.

No wonder you are greatly feared!
Who can stand before you when your anger explodes?
From heaven you sentenced your enemies;
the earth trembled and stood silent before you.
You stand up to judge those who do evil, O God,
and to rescue the oppressed of the earth.

Interlude

Human defiance only enhances your glory,
for you use it as a weapon.

Make vows to the Lord your God, and keep them.
Let everyone bring tribute to the Awesome One.
For he breaks the pride of princes,
and the kings of the earth fear him.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philipians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“There is a simplicity which is a fault, and there is a simplicity which is a marvelous virtue. Simplicity is often a fault of understanding and is ignorance of the consideration which we owe to each person. When we speak in society of a simple person, we mean a limited, credulous and coarse mind. The simplicity which is a virtue, far from being coarse, is something sublime. All good men will enjoy it, admire it, feel it when they wound it, notice it in others, and are aware of when they must practice it, but they have trouble saying exactly what this virtue is. One may say of this what the little book, The Imitation of Christ, says of compunction of heart. ‘It is better to practice it than to know how to define it.’”
- Francois Fenelon, Christian Perfection

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 11:12-14

The next morning as they were leaving Bethany, Jesus was hungry. He noticed a fig tree in full leaf a little way off, so he went over to see if he could find any figs. But there were only leaves because it was too early in the season for fruit. Then Jesus said to the tree, “May no one ever eat your fruit again!” And the disciples heard him say it.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 77:1-10

For Jeduthun, the choir director: A psalm of Asaph.
I cry out to God; yes, I shout.
Oh, that God would listen to me!
When I was in deep trouble,
I searched for the Lord.
All night long I prayed, with hands lifted toward heaven,
but my soul was not comforted.
I think of God, and I moan,
overwhelmed with longing for his help.
Interlude

You don't let me sleep.
I am too distressed even to pray!

I think of the good old days,
long since ended,
when my nights were filled with joyful songs.
I search my soul and ponder the difference now.
Has the Lord rejected me forever?
Will he never again be kind to me?
Is his unfailing love gone forever?
Have his promises permanently failed?
Has God forgotten to be gracious?
Has he slammed the door on his compassion?
Interlude

And I said, "This is my fate;
the Most High has turned his hand against me."

Intercession:

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

October 22, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philippians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Morning Short Reading:

“Simplicity consists of a middle ground in which we are neither giddy nor too composed. The soul is not carried away by the outside world, so that it can no longer make the necessary reflections, but it also cuts off the reversion to self, which an uneasy self-love, jealous of its own excellence, multiplies infinitely. This liberty of a soul which sees immediately before it as it goes forward, but which loses no time reasoning about its steps, studying them, constantly considering those which it has already made, this is the true simplicity.”

- Francois Fenelon, Christian Perfection

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 11:15-26

When they arrived back in Jerusalem, Jesus entered the Temple and began to drive out the people buying and selling animals for sacrifices. He knocked over the tables of the money changers and the chairs of those selling doves, and he stopped everyone from using the Temple as a marketplace. He said to them, “The Scriptures declare, ‘My Temple will be called a house of prayer for all nations,’ but you have turned it into a den of thieves.”

When the leading priests and teachers of religious law heard what Jesus had done, they began planning how to kill him. But they were afraid of him because the people were so amazed at his teaching.

That evening Jesus and the disciples left the city.

The next morning as they passed by the fig tree he had cursed, the disciples noticed it had withered from the roots up. Peter remembered what Jesus had said to the tree on the previous day and exclaimed, “Look, Rabbi! The fig tree you cursed has withered and died!”

Then Jesus said to the disciples, “Have faith in God. I tell you the truth, you can say to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. But you must really believe it will happen and have no doubt in your heart. I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 77:11-20

But then I recall all you have done, O Lord;
I remember your wonderful deeds of long ago.
They are constantly in my thoughts.
I cannot stop thinking about your mighty works.

O God, your ways are holy.
Is there any god as mighty as you?
You are the God of great wonders!
You demonstrate your awesome power among the nations.
By your strong arm, you redeemed your people,
the descendants of Jacob and Joseph.

Interlude

When the Red Sea saw you, O God,
its waters looked and trembled!
The sea quaked to its very depths.
The clouds poured down rain;
the thunder rumbled in the sky.
Your arrows of lightning flashed.
Your thunder roared from the whirlwind;
the lightning lit up the world!
The earth trembled and shook.
Your road led through the sea,
your pathway through the mighty waters—
a pathway no one knew was there!
You led your people along that road like a flock of sheep,
with Moses and Aaron as their shepherds.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Philipians 4:12

I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Evening Short Reading:

“In contemporary society our Adversary majors in three things: noise, hurry, and crowds. If he can keep us engaged in ‘much-ness’ and ‘manyness,’ he will rest satisfied. Psychiatrist Carl Jung once remarked, ‘Hurry is not of the Devil; it is the Devil.’”

- Richard J. Foster, Celebration of Discipline

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 11:27-33

Again they entered Jerusalem. As Jesus was walking through the Temple area, the leading priests, the teachers of religious law, and the elders came up to him. They demanded, “By what authority are you doing all these things? Who gave you the right to do them?”

“I’ll tell you by what authority I do these things if you answer one question,” Jesus replied. “Did John’s authority to baptize come from heaven, or was it merely human? Answer me!”

They talked it over among themselves. “If we say it was from heaven, he will ask why we didn’t believe John. But do we dare say it was merely human?” For they were afraid of what the people would do, because everyone believed that John was a prophet. So they finally replied, “We don’t know.”

And Jesus responded, “Then I won’t tell you by what authority I do these things.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 78:1-15

A psalm of Asaph.

O my people, listen to my instructions.

Open your ears to what I am saying,
for I will speak to you in a parable.

I will teach you hidden lessons from our past—
stories we have heard and known,
stories our ancestors handed down to us.

We will not hide these truths from our children;
we will tell the next generation
about the glorious deeds of the Lord,
about his power and his mighty wonders.

For he issued his laws to Jacob;

he gave his instructions to Israel.
He commanded our ancestors
to teach them to their children,
so the next generation might know them—
even the children not yet born—
and they in turn will teach their own children.
So each generation should set its hope anew on God,
not forgetting his glorious miracles
and obeying his commands.
Then they will not be like their ancestors—
stubborn, rebellious, and unfaithful,
refusing to give their hearts to God.

The warriors of Ephraim, though armed with bows,
turned their backs and fled on the day of battle.
They did not keep God's covenant
and refused to live by his instructions.
They forgot what he had done—
the great wonders he had shown them,
the miracles he did for their ancestors
on the plain of Zoan in the land of Egypt.
For he divided the sea and led them through,
making the water stand up like walls!
In the daytime he led them by a cloud,
and all night by a pillar of fire.
He split open the rocks in the wilderness
to give them water, as from a gushing spring.

Intercession:

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

October 23, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"Simplicity begins in inward focus and unity. It means to live out of what Thomas Kelly calls 'The Divine Center.' Kierkegaard captured the nucleus of Christian simplicity well in the profound title of his book, Purity of Heart Is to Will One Thing. Experiencing the inward reality liberates us outwardly. Speech becomes truthful and honest. The lust for status and position is gone because we no longer need status and position. We cease from showy extravagance not on the grounds of being unable to afford it, but on the grounds of principle. Our goods become available to others. We join the experience that Richard E. Byrd, after months alone in the barren Arctic, recorded in his journal, 'I am learning . . . that a man can live profoundly without masses of things'"

- Richard J. Foster, Celebration of Discipline

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 12:1-12

Then Jesus began teaching them with stories: "A man planted a vineyard. He built a wall around it, dug a pit for pressing out the grape juice, and built a lookout tower. Then he leased the vineyard to tenant farmers and moved to another country. At the time of the grape harvest, he sent one of his servants to collect his share of the crop. But the farmers grabbed the servant, beat him up, and sent him back empty-handed. The owner then sent another servant, but they insulted him and beat him over the head. The next servant he sent was killed. Others he sent were either beaten or killed, until there was only one left—his son whom he loved dearly. The owner finally sent him, thinking, 'Surely they will respect my son.'

"But the tenant farmers said to one another, 'Here comes the heir to this estate. Let's kill him and get the estate for ourselves!' So they grabbed him and murdered him and threw his body out of the vineyard.

"What do you suppose the owner of the vineyard will do?" Jesus asked. "I'll tell you—he will come and kill those farmers and lease the vineyard to others. Didn't you ever read this in the Scriptures?

'The stone that the builders rejected
has now become the cornerstone.
This is the Lord's doing,
and it is wonderful to see.'"

The religious leaders wanted to arrest Jesus because they realized he was telling the story against them—they were the wicked farmers. But they were afraid of the crowd, so they left him and went away.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 78:16-31

He made streams pour from the rock,
making the waters flow down like a river!

Yet they kept on sinning against him,
rebellious against the Most High in the desert.
They stubbornly tested God in their hearts,
demanding the foods they craved.
They even spoke against God himself, saying,
“God can't give us food in the wilderness.
Yes, he can strike a rock so water gushes out,
but he can't give his people bread and meat.”
When the Lord heard them, he was furious.
The fire of his wrath burned against Jacob.
Yes, his anger rose against Israel,
for they did not believe God
or trust him to care for them.
But he commanded the skies to open;
he opened the doors of heaven.
He rained down manna for them to eat;
he gave them bread from heaven.
They ate the food of angels!
God gave them all they could hold.
He released the east wind in the heavens
and guided the south wind by his mighty power.
He rained down meat as thick as dust—
birds as plentiful as the sand on the seashore!
He caused the birds to fall within their camp
and all around their tents.
The people ate their fill.
He gave them what they craved.
But before they satisfied their craving,
while the meat was yet in their mouths,
the anger of God rose against them,
and he killed their strongest men.
He struck down the finest of Israel's young men.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“We must really understand that the lust for affluence in contemporary society is psychotic. It is psychotic because it has completely lost touch with reality. We crave things we neither need nor enjoy. ‘We buy things we do not want to impress people we do not like.’ Where planned obsolescence leaves off, psychological obsolescence takes over. We are made to feel ashamed to wear clothes or drive cars until they are worn out. The mass media have convinced us that to be out of step with fashion is to be out of step with reality. It is time we awaken to the fact that conformity to a sick society is to be sick. Until we see how unbalanced our culture has become at this point, we will not be able to deal with the mammon spirit within ourselves nor will we desire Christian simplicity.”

- Richard J. Foster, Celebration of Discipline

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 12:13-27

Later the leaders sent some Pharisees and supporters of Herod to trap Jesus into saying something for which he could be arrested. “Teacher,” they said, “we know how honest you are. You are impartial and don’t play favorites. You teach the way of God truthfully. Now tell us—is it right to pay taxes to Caesar or not? Should we pay them, or shouldn’t we?”

Jesus saw through their hypocrisy and said, “Why are you trying to trap me? Show me a Roman coin, and I’ll tell you.” When they handed it to him, he asked, “Whose picture and title are stamped on it?”

“Caesar’s,” they replied.

“Well, then,” Jesus said, “give to Caesar what belongs to Caesar, and give to God what belongs to God.”

His reply completely amazed them.

Then Jesus was approached by some Sadducees—religious leaders who say there is no resurrection from the dead. They posed this question: “Teacher, Moses gave us a law that if a man dies, leaving a wife without children, his brother should marry the widow and have a child who will carry on the brother’s name. Well, suppose there were seven brothers. The oldest one married and then died without children. So the second brother married the widow, but he also died without children. Then the third brother married her. This continued with all seven of them, and still there were no children. Last of all, the woman also died. So tell us, whose wife will she be in the resurrection? For all seven were married to her.”

Jesus replied, “Your mistake is that you don’t know the Scriptures, and you don’t know the power of God. For when the dead rise, they will neither marry nor be given in marriage. In this respect they will be like the angels in heaven.

“But now, as to whether the dead will be raised—haven’t you ever read about this in the writings of Moses, in the story of the burning bush? Long after Abraham, Isaac, and Jacob had died, God said to Moses, ‘I am the God of Abraham, the God of Isaac, and the God of Jacob.’ So he is the God of the living, not the dead. You have made a serious error.”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 78:32-45

But in spite of this, the people kept sinning.
Despite his wonders, they refused to trust him.
So he ended their lives in failure,
their years in terror.
When God began killing them,
they finally sought him.
They repented and took God seriously.
Then they remembered that God was their rock,
that God Most High was their redeemer.
But all they gave him was lip service;
they lied to him with their tongues.
Their hearts were not loyal to him.
They did not keep his covenant.
Yet he was merciful and forgave their sins
and did not destroy them all.
Many times he held back his anger
and did not unleash his fury!
For he remembered that they were merely mortal,
gone like a breath of wind that never returns.

Oh, how often they rebelled against him in the wilderness
and grieved his heart in that dry wasteland.
Again and again they tested God’s patience
and provoked the Holy One of Israel.
They did not remember his power
and how he rescued them from their enemies.
They did not remember his miraculous signs in Egypt,
his wonders on the plain of Zoan.
For he turned their rivers into blood,
so no one could drink from the streams.
He sent vast swarms of flies to consume them
and hordes of frogs to ruin them.

Intercession:

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

October 24, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"This is a book about sales resistance. We live in a time when technologies and ideas (often the same thing) are adopted in response not to need but to advertising, salesmanship, and fashion. Salesmen and saleswomen now hover about us as persistently as angels, intent on 'doing us good' according to instructions set forth by persons educated at great public expense in the arts of greed and prevarication. These salespeople are now with most of us, apparently, even in our dreams.

- Wendell Berry, Sex, Economy, Freedom & Community

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark12:28-34

One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, "Of all the commandments, which is the most important?"

Jesus replied, "The most important commandment is this: 'Listen, O Israel! The Lord our God is the one and only Lord. And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

The teacher of religious law replied, "Well said, Teacher. You have spoken the truth by saying that there is only one God and no other. And I know it is important to love him with all my heart and all my understanding and all my strength, and to love my neighbor as myself. This is more important than to offer all of the burnt offerings and sacrifices required in the law."

Realizing how much the man understood, Jesus said to him, "You are not far from the Kingdom of God." And after that, no one dared to ask him any more questions.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 78:46-60

He gave their crops to caterpillars;
their harvest was consumed by locusts.
He destroyed their grapevines with hail
and shattered their sycamore-figs with sleet.

He abandoned their cattle to the hail,
their livestock to bolts of lightning.
He loosed on them his fierce anger—
all his fury, rage, and hostility.
He dispatched against them
a band of destroying angels.
He turned his anger against them;
he did not spare the Egyptians' lives
but ravaged them with the plague.
He killed the oldest son in each Egyptian family,
the flower of youth throughout the land of Egypt.
But he led his own people like a flock of sheep,
guiding them safely through the wilderness.
He kept them safe so they were not afraid;
but the sea covered their enemies.
He brought them to the border of his holy land,
to this land of hills he had won for them.
He drove out the nations before them;
he gave them their inheritance by lot.
He settled the tribes of Israel into their homes.

But they kept testing and rebelling against God Most High.
They did not obey his laws.
They turned back and were as faithless as their parents.
They were as undependable as a crooked bow.
They angered God by building shrines to other gods;
they made him jealous with their idols.
When God heard them, he was very angry,
and he completely rejected Israel.
Then he abandoned his dwelling at Shiloh,
the Tabernacle where he had lived among the people.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“The first duty of writers who wish to be of any use even to themselves is to resist the language, the ideas, and the categories of this ubiquitous sales talk, no matter from whose mouth it issues. But, then, this is also the first duty of everybody else. Nobody who is awake accepts the favors of these hawkers of guaranteed satisfactions, these escape artists, these institutional and commercial fanatics, whether politically correct or politically incorrect. Nobody who understands the history of justice or of the imagination (largely the same history) wants to be treated as a member of a category.”

- Wendell Berry, *Sex, Economy, Freedom & Community*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 12:35-44

Later, as Jesus was teaching the people in the Temple, he asked, “Why do the teachers of religious law claim that the Messiah is the son of David? For David himself, speaking under the inspiration of the Holy Spirit, said,

‘The Lord said to my Lord,

Sit in the place of honor at my right hand

until I humble your enemies beneath your feet.’

Since David himself called the Messiah ‘my Lord,’ how can the Messiah be his son?” The large crowd listened to him with great delight.

Jesus also taught: “Beware of these teachers of religious law! For they like to parade around in flowing robes and receive respectful greetings as they walk in the marketplaces. And how they love the seats of honor in the synagogues and the head table at banquets. Yet they shamelessly cheat widows out of their property and then pretend to be pious by making long prayers in public. Because of this, they will be more severely punished.”

Jesus sat down near the collection box in the Temple and watched as the crowds dropped in their money. Many rich people put in large amounts. Then a poor widow came and dropped in two small coins.

Jesus called his disciples to him and said, “I tell you the truth, this poor widow has given more than all the others who are making contributions. For they gave a tiny part of their surplus, but she, poor as she is, has given everything she had to live on.”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed

Let your kingdom come. Let your will be done on earth as in heaven

Give us today our daily bread. Erase our debts as we erase the debts of others.

Keep us from temptation and Rescue us from evil.

For kingdom, power and glory belong to you for ever and ever.

Amen.

Evening Psalm: Psalm 78:61-72

He allowed the Ark of his might to be captured;
he surrendered his glory into enemy hands.
He gave his people over to be butchered by the sword,
because he was so angry with his own people—his special possession.
Their young men were killed by fire;
their young women died before singing their wedding songs.
Their priests were slaughtered,
and their widows could not mourn their deaths.

Then the Lord rose up as though waking from sleep,
like a warrior aroused from a drunken stupor.
He routed his enemies
and sent them to eternal shame.
But he rejected Joseph's descendants;
he did not choose the tribe of Ephraim.
He chose instead the tribe of Judah,
and Mount Zion, which he loved.
There he built his sanctuary as high as the heavens,
as solid and enduring as the earth.
He chose his servant David,
calling him from the sheep pens.
He took David from tending the ewes and lambs
and made him the shepherd of Jacob's descendants—
God's own people, Israel.
He cared for them with a true heart
and led them with skillful hands.

Intercession:

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

October 25, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"I am more and more impressed by the generality of the assumption that human lives are properly to be invented by an academic-corporate-governmental elite and then either sold to their passive and choiceless recipients or doled out to them in the manner of welfare payments. Any necessary thinking—so the assumption goes—will be done by certified smart people in offices, laboratories, boardrooms, and other high places and then will be handed down to supposedly unsmart people in low places—who will also be expected to do whatever actual work cannot be done cheaper by machines."

- Wendell Berry, *Sex, Economy, Freedom & Community*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 13:1-20

As Jesus was leaving the Temple that day, one of his disciples said, "Teacher, look at these magnificent buildings! Look at the impressive stones in the walls."

Jesus replied, "Yes, look at these great buildings. But they will be completely demolished. Not one stone will be left on top of another!"

Later, Jesus sat on the Mount of Olives across the valley from the Temple. Peter, James, John, and Andrew came to him privately and asked him, "Tell us, when will all this happen? What sign will show us that these things are about to be fulfilled?"

Jesus replied, "Don't let anyone mislead you, for many will come in my name, claiming, 'I am the Messiah.' They will deceive many. And you will hear of wars and threats of wars, but don't panic. Yes, these things must take place, but the end won't follow immediately. Nation will go to war against nation, and kingdom against kingdom. There will be earthquakes in many parts of the world, as well as famines. But this is only the first of the birth pains, with more to come.

"When these things begin to happen, watch out! You will be handed over to the local councils and beaten in the synagogues. You will stand trial before governors and kings because you are my followers. But this will be your opportunity to tell them about me. For the Good News must first be preached to all nations. But when you are arrested and stand trial, don't worry in advance about what to say. Just say what God tells you at that time, for it is not you who will be speaking, but the Holy Spirit.

"A brother will betray his brother to death, a father will betray his own child, and children will rebel against their parents and cause them to be killed. And everyone will hate you because you are my followers. But the one who endures to the end will be saved.

"The day is coming when you will see the sacrilegious object that causes desecration standing where he should not be." (Reader, pay attention!) "Then those in Judea must flee to

the hills. A person out on the deck of a roof must not go down into the house to pack. A person out in the field must not return even to get a coat. How terrible it will be for pregnant women and for nursing mothers in those days. And pray that your flight will not be in winter. For there will be greater anguish in those days than at any time since God created the world. And it will never be so great again. In fact, unless the Lord shortens that time of calamity, not a single person will survive. But for the sake of his chosen ones he has shortened those days.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 79

A psalm of Asaph.

O God, pagan nations have conquered your land,
your special possession.
They have defiled your holy Temple
and made Jerusalem a heap of ruins.
They have left the bodies of your servants
as food for the birds of heaven.
The flesh of your godly ones
has become food for the wild animals.
Blood has flowed like water all around Jerusalem;
no one is left to bury the dead.
We are mocked by our neighbors,
an object of scorn and derision to those around us.

O Lord, how long will you be angry with us? Forever?
How long will your jealousy burn like fire?
Pour out your wrath on the nations that refuse to acknowledge you—
on kingdoms that do not call upon your name.
For they have devoured your people Israel,
making the land a desolate wilderness.
Do not hold us guilty for the sins of our ancestors!
Let your compassion quickly meet our needs,
for we are on the brink of despair.

Help us, O God of our salvation!
Help us for the glory of your name.
Save us and forgive our sins
for the honor of your name.
Why should pagan nations be allowed to scoff,
asking, "Where is their God?"
Show us your vengeance against the nations,
for they have spilled the blood of your servants.
Listen to the moaning of the prisoners.
Demonstrate your great power by saving those condemned to die.

O Lord, pay back our neighbors seven times
for the scorn they have hurled at you.
Then we your people, the sheep of your pasture,
will thank you forever and ever,
praising your greatness from generation to generation.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

"Such a society, whose members are expected to think and do and provide nothing for themselves, will necessarily give a high place to salesmanship. For such a society cannot help but encourage the growth of a kind of priesthood of men and women who know exactly what you need and who just happen to have it for you, attractively packaged and at a price no competitor can beat. If you wish to be among the beautiful, then you must buy the right fashions (there are no cheap fashions) and the right automobile (not cheap either). If you want to be counted as one of the intelligent, then you must shop for the right education (not cheap but also not difficult)."

- Wendell Berry, *Sex, Economy, Freedom & Community*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 13:21-37

"Then if anyone tells you, 'Look, here is the Messiah,' or 'There he is,' don't believe it. For false messiahs and false prophets will rise up and perform signs and wonders so as to deceive, if possible, even God's chosen ones. Watch out! I have warned you about this ahead of time!

"At that time, after the anguish of those days,

the sun will be darkened,
the moon will give no light,
the stars will fall from the sky,
and the powers in the heavens will be shaken.

Then everyone will see the Son of Man coming on the clouds with great power and glory. And he will send out his angels to gather his chosen ones from all over the world—from the farthest ends of the earth and heaven.

“Now learn a lesson from the fig tree. When its branches bud and its leaves begin to sprout, you know that summer is near. In the same way, when you see all these things taking place, you can know that his return is very near, right at the door. I tell you the truth, this generation will not pass from the scene before all these things take place. Heaven and earth will disappear, but my words will never disappear.

“However, no one knows the day or hour when these things will happen, not even the angels in heaven or the Son himself. Only the Father knows. And since you don’t know when that time will come, be on guard! Stay alert!

“The coming of the Son of Man can be illustrated by the story of a man going on a long trip. When he left home, he gave each of his slaves instructions about the work they were to do, and he told the gatekeeper to watch for his return. You, too, must keep watch! For you don’t know when the master of the household will return—in the evening, at midnight, before dawn, or at daybreak. Don’t let him find you sleeping when he arrives without warning. I say to you what I say to everyone: Watch for him!”

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 80

For the choir director: A psalm of Asaph, to be sung to the tune “Lilies of the Covenant.”
Please listen, O Shepherd of Israel,
you who lead Joseph’s descendants like a flock.
O God, enthroned above the cherubim,
display your radiant glory
to Ephraim, Benjamin, and Manasseh.
Show us your mighty power.
Come to rescue us!

Turn us again to yourself, O God.
Make your face shine down upon us.
Only then will we be saved.
O Lord God of Heaven’s Armies,
how long will you be angry with our prayers?
You have fed us with sorrow
and made us drink tears by the bucketful.
You have made us the scorn of neighboring nations.
Our enemies treat us as a joke.

Turn us again to yourself, O God of Heaven’s Armies.
Make your face shine down upon us.
Only then will we be saved.
You brought us from Egypt like a grapevine;
you drove away the pagan nations and transplanted us into your land.
You cleared the ground for us,

and we took root and filled the land.
Our shade covered the mountains;
our branches covered the mighty cedars.
We spread our branches west to the Mediterranean Sea;
our shoots spread east to the Euphrates River.
But now, why have you broken down our walls
so that all who pass by may steal our fruit?
The wild boar from the forest devours it,
and the wild animals feed on it.

Come back, we beg you, O God of Heaven's Armies.
Look down from heaven and see our plight.
Take care of this grapevine
that you yourself have planted,
this son you have raised for yourself.
For we are chopped up and burned by our enemies.
May they perish at the sight of your frown.
Strengthen the man you love,
the son of your choice.
Then we will never abandon you again.
Revive us so we can call on your name once more.

Turn us again to yourself, O Lord God of Heaven's Armies.
Make your face shine down upon us.
Only then will we be saved.

Intercession:

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

October 26, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"Every person under the sun must eat to live. In that sense we are all blameless and—as at a feast lovingly prepared by a grandmother—glorious consumers. There is nothing wrong, and much that is right, about consuming to live. Hence I have heard a rabbi speak winningly from his tradition of 'consecrated consumption.' What worries some people about consumption (and I confess at the outset to be one of these ambivalent creatures, fat but troubled in paradise) is that the affluent, technologically advanced West seems more and more focused not on consuming to live but on living to consume. The problem with consumption, and the consumer capitalism that has pushed it to feverish historical extremes, is that it has become so all-consuming.

- Rodney Clapp, *The Consuming Passion: Christianity & the Consumer Culture*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 14:1-9

It was now two days before Passover and the Festival of Unleavened Bread. The leading priests and the teachers of religious law were still looking for an opportunity to capture Jesus secretly and kill him. "But not during the Passover celebration," they agreed, "or the people may riot."

Meanwhile, Jesus was in Bethany at the home of Simon, a man who had previously had leprosy. While he was eating, a woman came in with a beautiful alabaster jar of expensive perfume made from essence of nard. She broke open the jar and poured the perfume over his head.

Some of those at the table were indignant. "Why waste such expensive perfume?" they asked. "It could have been sold for a year's wages and the money given to the poor!" So they scolded her harshly.

But Jesus replied, "Leave her alone. Why criticize her for doing such a good thing to me? You will always have the poor among you, and you can help them whenever you want to. But you will not always have me. She has done what she could and has anointed my body for burial ahead of time. I tell you the truth, wherever the Good News is preached throughout the world, this woman's deed will be remembered and discussed."

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 81

For the choir director: A psalm of Asaph, to be accompanied by a stringed instrument.

Sing praises to God, our strength.

Sing to the God of Jacob.

Sing! Beat the tambourine.

Play the sweet lyre and the harp.

Blow the ram's horn at new moon,
and again at full moon to call a festival!

For this is required by the decrees of Israel;
it is a regulation of the God of Jacob.

He made it a law for Israel
when he attacked Egypt to set us free.

I heard an unknown voice say,

“Now I will take the load from your shoulders;
I will free your hands from their heavy tasks.

You cried to me in trouble, and I saved you;

I answered out of the thundercloud
and tested your faith when there was no water at Meribah.

Interlude

“Listen to me, O my people, while I give you stern warnings.

O Israel, if you would only listen to me!

You must never have a foreign god;

you must not bow down before a false god.

For it was I, the Lord your God,

who rescued you from the land of Egypt.

Open your mouth wide, and I will fill it with good things.

“But no, my people wouldn't listen.

Israel did not want me around.

So I let them follow their own stubborn desires,
living according to their own ideas.

Oh, that my people would listen to me!

Oh, that Israel would follow me, walking in my paths!

How quickly I would then subdue their enemies!

How soon my hands would be upon their foes!

Those who hate the Lord would cringe before him;
they would be doomed forever.

But I would feed you with the finest wheat.

I would satisfy you with wild honey from the rock.”

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“Even Americans—we citizens of what Harvard historian of marketing Richard Tedlow cites as the premier ‘nation of consumers’—recognize problems with the extremes to which we have taken consumption as a way of life. The trash buckets for recycled garbage, nonexistent ten years ago but now standing sentry outside every suburban home in my neighborhood, bear testimony to one of the most obvious problems. We are sensitized to the ecological damage fostered by the centralized, technology-intensive, intentionally wasteful (‘planned obsolescence’) society fostered by consumer capitalism. Perhaps the environmentalists sometimes go too far, but however overstated their warnings may be, there is no denying the murky brown clouds of smog hanging over Los Angeles or the swimming beaches shut down on Lake Michigan as tides of sewage roll ashore.”

- Rodney Clapp, *The Consuming Passion: Christianity & the Consumer Culture*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 14:10-26

Then Judas Iscariot, one of the twelve disciples, went to the leading priests to arrange to betray Jesus to them. They were delighted when they heard why he had come, and they promised to give him money. So he began looking for an opportunity to betray Jesus.

On the first day of the Festival of Unleavened Bread, when the Passover lamb is sacrificed, Jesus’ disciples asked him, “Where do you want us to go to prepare the Passover meal for you?”

So Jesus sent two of them into Jerusalem with these instructions: “As you go into the city, a man carrying a pitcher of water will meet you. Follow him. At the house he enters, say to the owner, ‘The Teacher asks: Where is the guest room where I can eat the Passover meal with my disciples?’ He will take you upstairs to a large room that is already set up. That is where you should prepare our meal.” So the two disciples went into the city and found everything just as Jesus had said, and they prepared the Passover meal there.

In the evening Jesus arrived with the twelve disciples. As they were at the table eating, Jesus said, “I tell you the truth, one of you eating with me here will betray me.”

Greatly distressed, each one asked in turn, “Am I the one?”

He replied, “It is one of you twelve who is eating from this bowl with me. For the Son of Man must die, as the Scriptures declared long ago. But how terrible it will be for the one who betrays him. It would be far better for that man if he had never been born!”

As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take it, for this is my body.”

And he took a cup of wine and gave thanks to God for it. He gave it to them, and they all drank from it. And he said to them, “This is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice for many. I tell you the truth, I will not drink wine again until the day I drink it new in the Kingdom of God.”

Then they sang a hymn and went out to the Mount of Olives.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 82

A psalm of Asaph.

God presides over heaven’s court;
he pronounces judgment on the heavenly beings:
“How long will you hand down unjust decisions
by favoring the wicked?”

Interlude

“Give justice to the poor and the orphan;
uphold the rights of the oppressed and the destitute.
Rescue the poor and helpless;
deliver them from the grasp of evil people.
But these oppressors know nothing;
they are so ignorant!
They wander about in darkness,
while the whole world is shaken to the core.
I say, ‘You are gods;
you are all children of the Most High.
But you will die like mere mortals
and fall like every other ruler.’”

Rise up, O God, and judge the earth,
for all the nations belong to you.

Intercession:

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

October 27, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"A hardly less obvious, or problematic, feature of consumer capitalism is the inescapable barrage of advertising, coaching and coaxing multitudinous desires innocent and not-so-innocent. One observer estimates that the average American is exposed to 16,000 commercial messages, symbols and reminders every single day. So inundated, we are hardly aware how pervasive and even invasive these images and messages are."
- Rodney Clapp, *The Consuming Passion: Christianity & the Consumer Culture*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 14:27-31

On the way, Jesus told them, "All of you will desert me. For the Scriptures say, 'God will strike the Shepherd, and the sheep will be scattered.'

But after I am raised from the dead, I will go ahead of you to Galilee and meet you there."

Peter said to him, "Even if everyone else deserts you, I never will."

Jesus replied, "I tell you the truth, Peter—this very night, before the rooster crows twice, you will deny three times that you even know me."

"No!" Peter declared emphatically. "Even if I have to die with you, I will never deny you!" And all the others vowed the same.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 83

A song. A psalm of Asaph.

O God, do not be silent!

Do not be deaf.

Do not be quiet, O God.

Don't you hear the uproar of your enemies?

Don't you see that your arrogant enemies are rising up?

They devise crafty schemes against your people;

they conspire against your precious ones.
“Come,” they say, “let us wipe out Israel as a nation.
We will destroy the very memory of its existence.”
Yes, this was their unanimous decision.
They signed a treaty as allies against you—
these Edomites and Ishmaelites;
Moabites and Hagrites;
Gebalites, Ammonites, and Amalekites;
and people from Philistia and Tyre.
Assyria has joined them, too,
and is allied with the descendants of Lot.

Interlude

Do to them as you did to the Midianites
and as you did to Sisera and Jabin at the Kishon River.
They were destroyed at Endor,
and their decaying corpses fertilized the soil.
Let their mighty nobles die as Oreb and Zeeb did.
Let all their princes die like Zebah and Zalmunna,
for they said, “Let us seize for our own use
these pasturelands of God!”
O my God, scatter them like tumbleweed,
like chaff before the wind!
As a fire burns a forest
and as a flame sets mountains ablaze,
chase them with your fierce storm;
terrify them with your tempest.
Utterly disgrace them
until they submit to your name, O Lord.
Let them be ashamed and terrified forever.
Let them die in disgrace.
Then they will learn that you alone are called the Lord,
that you alone are the Most High,
supreme over all the earth.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“This is what I am after. Not just consumerism in its most undisguised, hackneyed manifestations, but as an ethos, a character-cultivating way of life that seduces and insinuates and acclimates. This, too often, is consumption that militates against all sorts of Christian virtues, such as patience and contentedness and self-denial, but almost always with a velvet glove rather than an iron fist. It speaks in tones sweet and sexy rather than dictatorial, and it conquers by promises rather than by threats. Consumerism envelops us, as surely as the air we breathe—but not as naturally as the air.

- Rodney Clapp, *The Consuming Passion: Christianity & the Consumer Culture*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 14:32-42

They went to the olive grove called Gethsemane, and Jesus said, “Sit here while I go and pray.” He took Peter, James, and John with him, and he became deeply troubled and distressed. He told them, “My soul is crushed with grief to the point of death. Stay here and keep watch with me.”

He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. “Abba, Father,” he cried out, “everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine.”

Then he returned and found the disciples asleep. He said to Peter, “Simon, are you asleep? Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak.”

Then Jesus left them again and prayed the same prayer as before. When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. And they didn't know what to say.

When he returned to them the third time, he said, “Go ahead and sleep. Have your rest. But no—the time has come. The Son of Man is betrayed into the hands of sinners. Up, let's be going. Look, my betrayer is here!”

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 84

For the choir director: A psalm of the descendants of Korah, to be accompanied by a stringed instrument.

How lovely is your dwelling place,
 O Lord of Heaven's Armies.
I long, yes, I faint with longing
 to enter the courts of the Lord.
With my whole being, body and soul,
 I will shout joyfully to the living God.
Even the sparrow finds a home,
 and the swallow builds her nest and raises her young
at a place near your altar,
 O Lord of Heaven's Armies, my King and my God!
What joy for those who can live in your house,
 always singing your praises.

Interlude

What joy for those whose strength comes from the Lord,
 who have set their minds on a pilgrimage to Jerusalem.
When they walk through the Valley of Weeping,
 it will become a place of refreshing springs.
The autumn rains will clothe it with blessings.
They will continue to grow stronger,
 and each of them will appear before God in Jerusalem.

O Lord God of Heaven's Armies, hear my prayer.
Listen, O God of Jacob.

Interlude

O God, look with favor upon the king, our shield!
Show favor to the one you have anointed.

A single day in your courts
 is better than a thousand anywhere else!
I would rather be a gatekeeper in the house of my God
 than live the good life in the homes of the wicked.
For the Lord God is our sun and our shield.
He gives us grace and glory.
The Lord will withhold no good thing
 from those who do what is right.
O Lord of Heaven's Armies,
 what joy for those who trust in you.

Intercession:

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

October 28, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"Consumerism (and the capitalism that created and sustained it) is not a force of nature. It has a history. Of course it cannot, and should not, be replaced overnight. It did not appear overnight, but over the course of centuries. yet the fact that it cannot be changed wholesale and immediately is no excuse—at least not for Christians—for failing to engage it critically, understanding it as best we can for what it is, and resisting its ill effects in nooks and crannies, bits and pieces, as vigorously as we can. That unplanned obsolescent, Karl Marx, was right about this much: people can make history, change the course of cultures, even if not within circumstances of their own choosing. Consumer capitalism, both for good and for ill, is a pervasive and foundational reality of our day, yet people can respond to it in significant ways and potentially change its course."

- Rodney Clapp, *The Consuming Passion: Christianity & the Consumer Culture*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 14:43-52

And immediately, even as Jesus said this, Judas, one of the twelve disciples, arrived with a crowd of men armed with swords and clubs. They had been sent by the leading priests, the teachers of religious law, and the elders. The traitor, Judas, had given them a prearranged signal: "You will know which one to arrest when I greet him with a kiss. Then you can take him away under guard." As soon as they arrived, Judas walked up to Jesus. "Rabbi!" he exclaimed, and gave him the kiss.

Then the others grabbed Jesus and arrested him. But one of the men with Jesus pulled out his sword and struck the high priest's slave, slashing off his ear.

Jesus asked them, "Am I some dangerous revolutionary, that you come with swords and clubs to arrest me? Why didn't you arrest me in the Temple? I was there among you teaching every day. But these things are happening to fulfill what the Scriptures say about me."

Then all his disciples deserted him and ran away. One young man following behind was clothed only in a long linen shirt. When the mob tried to grab him, he slipped out of his shirt and ran away naked.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 85

For the choir director: A psalm of the descendants of Korah.

Lord, you poured out blessings on your land!

You restored the fortunes of Israel.

You forgave the guilt of your people—

yes, you covered all their sins.

Interlude

You held back your fury.

You kept back your blazing anger.

Now restore us again, O God of our salvation.

Put aside your anger against us once more.

Will you be angry with us always?

Will you prolong your wrath to all generations?

Won't you revive us again,

so your people can rejoice in you?

Show us your unfailing love, O Lord,

and grant us your salvation.

I listen carefully to what God the Lord is saying,

for he speaks peace to his faithful people.

But let them not return to their foolish ways.

Surely his salvation is near to those who fear him,

so our land will be filled with his glory.

Unfailing love and truth have met together.

Righteousness and peace have kissed!

Truth springs up from the earth,

and righteousness smiles down from heaven.

Yes, the Lord pours down his blessings.

Our land will yield its bountiful harvest.

Righteousness goes as a herald before him,

preparing the way for his steps.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“Father in Heaven! What are we without You! What is all that we know, vast accumulation though it be, but a chipped fragment if we do not know You! What is all our striving, could it ever encompass a world, but a half-finished work if we do not know You: You the One, who is one thing and who is all! So may You give to the intellect, wisdom to comprehend that one thing; to the heart, sincerity to receive this understanding; to the will, purity that wills only one thing. In prosperity may You grant perseverance to will one thing; amid distractions, collectedness to will one thing; in suffering, patience to will one thing.”
- Soren Kierkegaard, The Prayers of Kierkegaard

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 14:53-65

They took Jesus to the high priest's home where the leading priests, the elders, and the teachers of religious law had gathered. Meanwhile, Peter followed him at a distance and went right into the high priest's courtyard. There he sat with the guards, warming himself by the fire.

Inside, the leading priests and the entire high council were trying to find evidence against Jesus, so they could put him to death. But they couldn't find any. Many false witnesses spoke against him, but they contradicted each other. Finally, some men stood up and gave this false testimony: “We heard him say, ‘I will destroy this Temple made with human hands, and in three days I will build another, made without human hands.’” But even then they didn't get their stories straight!

Then the high priest stood up before the others and asked Jesus, “Well, aren't you going to answer these charges? What do you have to say for yourself?” But Jesus was silent and made no reply. Then the high priest asked him, “Are you the Messiah, the Son of the Blessed One?”

Jesus said, “I Am. And you will see the Son of Man seated in the place of power at God's right hand and coming on the clouds of heaven.”

Then the high priest tore his clothing to show his horror and said, “Why do we need other witnesses? You have all heard his blasphemy. What is your verdict?”

“Guilty!” they all cried. “He deserves to die!”

Then some of them began to spit at him, and they blindfolded him and beat him with their fists. “Prophecy to us,” they jeered. And the guards slapped him as they took him away.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.

Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 86

A prayer of David.

Bend down, O Lord, and hear my prayer;
 answer me, for I need your help.
Protect me, for I am devoted to you.
 Save me, for I serve you and trust you.
 You are my God.
Be merciful to me, O Lord,
 for I am calling on you constantly.
Give me happiness, O Lord,
 for I give myself to you.
O Lord, you are so good, so ready to forgive,
 so full of unfailing love for all who ask for your help.
Listen closely to my prayer, O Lord;
 hear my urgent cry.
I will call to you whenever I'm in trouble,
 and you will answer me.

No pagan god is like you, O Lord.
 None can do what you do!
All the nations you made
 will come and bow before you, Lord;
 they will praise your holy name.
For you are great and perform wonderful deeds.
 You alone are God.

Teach me your ways, O Lord,
 that I may live according to your truth!
Grant me purity of heart,
 so that I may honor you.
With all my heart I will praise you, O Lord my God.
 I will give glory to your name forever,
for your love for me is very great.
 You have rescued me from the depths of death.

O God, insolent people rise up against me;
 a violent gang is trying to kill me.
 You mean nothing to them.
But you, O Lord,
 are a God of compassion and mercy,
 slow to get angry
 and filled with unfailing love and faithfulness.
Look down and have mercy on me.
 Give your strength to your servant;
 save me, the son of your servant.
Send me a sign of your favor.
 Then those who hate me will be put to shame,
 for you, O Lord, help and comfort me.

Intercession:

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

October 29, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"You that gives both the beginning and the completion, may You early, at the dawn of day, give to the young the resolution to will one thing. As day wanes, may You give to the old a renewed remembrance of their first resolution, that the first may be like the last, the last like the first, in possession of a life that has willed only one thing. Alas, but this has indeed not come to pass. Something has come in between. The separation of sin lies in between. Each day, and day after day something is being placed in between: delay, blockage, interruption, delusion, corruption. So in this time of repentance may You give the courage once again to will one thing."

- Soren Kierkegaard, The Prayers of Kierkegaard

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 14:66-72

Meanwhile, Peter was in the courtyard below. One of the servant girls who worked for the high priest came by and noticed Peter warming himself at the fire. She looked at him closely and said, "You were one of those with Jesus of Nazareth."

But Peter denied it. "I don't know what you're talking about," he said, and he went out into the entryway. Just then, a rooster crowed.

When the servant girl saw him standing there, she began telling the others, "This man is definitely one of them!" But Peter denied it again.

A little later some of the other bystanders confronted Peter and said, "You must be one of them, because you are a Galilean."

Peter swore, "A curse on me if I'm lying—I don't know this man you're talking about!" And immediately the rooster crowed the second time.

Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows twice, you will deny three times that you even know me." And he broke down and wept.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 87

A song. A psalm of the descendants of Korah.

On the holy mountain
stands the city founded by the Lord.
He loves the city of Jerusalem
more than any other city in Israel.
O city of God,
what glorious things are said of you!

Interlude

I will count Egypt and Babylon among those who know me—
also Philistia and Tyre, and even distant Ethiopia.

They have all become citizens of Jerusalem!
Regarding Jerusalem it will be said,
“Everyone enjoys the rights of citizenship there.”
And the Most High will personally bless this city.
When the Lord registers the nations, he will say,
“They have all become citizens of Jerusalem.”

Interlude

The people will play flutes and sing,
“The source of my life springs from Jerusalem!”

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“True, it is an interruption of our ordinary tasks; we do lay down our work as though it were a day of rest when the penitent is alone before You in self-accusation. This is indeed an interruption. But it is an interruption that searches back into its very beginnings that it might bind up anew that which sin has separated, that in its grief it might atone for lost time, that in its anxiety it might bring to completion that which lies before it. You that gives both the beginning and the completion, give your victory in the day of need so that what neither our burning wish nor our determined resolution may attain to, may be granted unto us in the sorrowing of repentance: to will only one thing.”

- Soren Kierkegaard, *The Prayers of Kierkegaard*

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 15:1-20

Very early in the morning the leading priests, the elders, and the teachers of religious law—the entire high council—met to discuss their next step. They bound Jesus, led him away, and took him to Pilate, the Roman governor.

Pilate asked Jesus, “Are you the king of the Jews?”

Jesus replied, “You have said it.”

Then the leading priests kept accusing him of many crimes, and Pilate asked him, “Aren’t you going to answer them? What about all these charges they are bringing against you?” But Jesus said nothing, much to Pilate’s surprise.

Now it was the governor’s custom each year during the Passover celebration to release one prisoner—anyone the people requested. One of the prisoners at that time was Barabbas, a revolutionary who had committed murder in an uprising. The crowd went to Pilate and asked him to release a prisoner as usual.

“Would you like me to release to you this ‘King of the Jews’?” Pilate asked. (For he realized by now that the leading priests had arrested Jesus out of envy.) But at this point the leading priests stirred up the crowd to demand the release of Barabbas instead of Jesus. Pilate asked them, “Then what should I do with this man you call the king of the Jews?”

They shouted back, “Crucify him!”

“Why?” Pilate demanded. “What crime has he committed?”

But the mob roared even louder, “Crucify him!”

So to pacify the crowd, Pilate released Barabbas to them. He ordered Jesus flogged with a lead-tipped whip, then turned him over to the Roman soldiers to be crucified.

The soldiers took Jesus into the courtyard of the governor’s headquarters (called the Praetorium) and called out the entire regiment. They dressed him in a purple robe, and they wove thorn branches into a crown and put it on his head. Then they saluted him and taunted, “Hail! King of the Jews!” And they struck him on the head with a reed stick, spit on him, and dropped to their knees in mock worship. When they were finally tired of mocking him, they took off the purple robe and put his own clothes on him again. Then they led him away to be crucified.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 88

For the choir director: A psalm of the descendants of Korah. A song to be sung to the tune
“The Suffering of Affliction.” A psalm of Heman the Ezrahite.

O Lord, God of my salvation,
I cry out to you by day.
I come to you at night.
Now hear my prayer;
listen to my cry.
For my life is full of troubles,
and death draws near.
I am as good as dead,
like a strong man with no strength left.
They have left me among the dead,
and I lie like a corpse in a grave.
I am forgotten,
cut off from your care.
You have thrown me into the lowest pit,
into the darkest depths.
Your anger weighs me down;
with wave after wave you have engulfed me.

Interlude

You have driven my friends away
by making me repulsive to them.
I am in a trap with no way of escape.
My eyes are blinded by my tears.
Each day I beg for your help, O Lord;
I lift my hands to you for mercy.
Are your wonderful deeds of any use to the dead?
Do the dead rise up and praise you?

Interlude

Can those in the grave declare your unfailing love?
Can they proclaim your faithfulness in the place of destruction?
Can the darkness speak of your wonderful deeds?
Can anyone in the land of forgetfulness talk about your righteousness?
O Lord, I cry out to you.
I will keep on pleading day by day.
O Lord, why do you reject me?
Why do you turn your face from me?

I have been sick and close to death since my youth.
I stand helpless and desperate before your terrors.
Your fierce anger has overwhelmed me.
Your terrors have paralyzed me.
They swirl around me like floodwaters all day long.
They have engulfed me completely.
You have taken away my companions and loved ones.
Darkness is my closest friend.

Intercession:

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

October 30, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10: 41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

"'Fifty lucre,' as money is sometimes called, has been a favorite topic of conversation for us since the early days of The Church of the Saviour. We talk about it probably as much as Jesus did. When the founding members, young and poor, were forming themselves into a properly incorporated community of faith, they struggled for a discipline of membership that would help them and future church members to deal concretely with at least some aspects of the handling of money. In its first writing the discipline read, 'We commit ourselves to giving 10 percent of our gross income to the work of the Church.'"

- Elizabeth O'Connor, Letters to Scattered Pilgrims

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Mark 15:21-47

A passerby named Simon, who was from Cyrene, was coming in from the countryside just then, and the soldiers forced him to carry Jesus' cross. (Simon was the father of Alexander and Rufus.) And they brought Jesus to a place called Golgotha (which means "Place of the Skull"). They offered him wine drugged with myrrh, but he refused it.

Then the soldiers nailed him to the cross. They divided his clothes and threw dice to decide who would get each piece. It was nine o'clock in the morning when they crucified him. A sign was fastened to the cross, announcing the charge against him. It read, "The King of the Jews." Two revolutionaries were crucified with him, one on his right and one on his left.

The people passing by shouted abuse, shaking their heads in mockery. "Ha! Look at you now!" they yelled at him. "You said you were going to destroy the Temple and rebuild it in three days. Well then, save yourself and come down from the cross!"

The leading priests and teachers of religious law also mocked Jesus. "He saved others," they scoffed, "but he can't save himself! Let this Messiah, this King of Israel, come down from the cross so we can see it and believe him!" Even the men who were crucified with Jesus ridiculed him.

At noon, darkness fell across the whole land until three o'clock. Then at three o'clock Jesus called out with a loud voice, "Eloi, Eloi, lema sabachthani?" which means "My God, my God, why have you abandoned me?"

Some of the bystanders misunderstood and thought he was calling for the prophet Elijah. One of them ran and filled a sponge with sour wine, holding it up to him on a reed stick so he could drink. "Wait!" he said. "Let's see whether Elijah comes to take him down!"

Then Jesus uttered another loud cry and breathed his last. And the curtain in the sanctuary of the Temple was torn in two, from top to bottom.

When the Roman officer who stood facing him saw how he had died, he exclaimed, "This man truly was the Son of God!"

Some women were there, watching from a distance, including Mary Magdalene, Mary (the mother of James the younger and of Joseph), and Salome. They had been followers of Jesus and had cared for him while he was in Galilee. Many other women who had come with him to Jerusalem were also there.

This all happened on Friday, the day of preparation, the day before the Sabbath. As evening approached, Joseph of Arimathea took a risk and went to Pilate and asked for Jesus' body. (Joseph was an honored member of the high council, and he was waiting for the Kingdom of God to come.) Pilate couldn't believe that Jesus was already dead, so he called for the Roman officer and asked if he had died yet. The officer confirmed that Jesus was dead, so Pilate told Joseph he could have the body. Joseph bought a long sheet of linen cloth. Then he took Jesus' body down from the cross, wrapped it in the cloth, and laid it in a tomb that had been carved out of the rock. Then he rolled a stone in front of the entrance. Mary Magdalene and Mary the mother of Joseph saw where Jesus' body was laid.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Psalm 89:1-11

A psalm of Ethan the Ezrahite.

I will sing of the Lord's unending love forever!
Young and old will hear of your faithfulness.
Your unending love will last forever.
Your faithfulness is as enduring as the heavens.

The Lord said, "I have made a covenant with David, my chosen servant.

I have sworn this oath to him:
'I will establish your descendants as kings forever;
they will sit on your throne from now until eternity.'"
Interlude

All heaven will praise your great wonders, Lord;
myriads of angels will praise you for your faithfulness.
For who in all of heaven can compare with the Lord?
What mightiest angel is anything like the Lord?
The highest angelic powers stand in awe of God.
He is far more awesome than all who surround his throne.
O Lord God of Heaven's Armies!
Where is there anyone as mighty as you, O Lord?
You are entirely faithful.

You rule the oceans.
You subdue their storm-tossed waves.
You crushed the great sea monster.
You scattered your enemies with your mighty arm.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“While there was some precedence in biblical history for the 10 percent figure, our first members felt that this kind of giving would enable them to begin to tackle the injustices of society in a way that would be meaningful to themselves, as well as to others. Their proposed constitution and disciplines were submitted to Reinhold Niebuhr, an eminent theologian of the last generation who had agreed to read them and comment. His only suggestion concerned the discipline on money. ‘I would suggest,’ Niebuhr said, ‘that you commit yourselves not to tithing but to proportionate giving, with tithing as an economic floor beneath which you will not go unless there are some compelling reasons.’ The discipline was rewritten and stands today in each of the six new faith communities:

We covenant with Christ and one another to give proportionately beginning with a tithe of our incomes.”

- Elizabeth O'Connor, Letters to Scattered Pilgrims

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Mark 16:1-20

Saturday evening, when the Sabbath ended, Mary Magdalene, Mary the mother of James, and Salome went out and purchased burial spices so they could anoint Jesus' body. Very early on Sunday morning, just at sunrise, they went to the tomb. On the way they were asking each other, “Who will roll away the stone for us from the entrance to the tomb?” But as

they arrived, they looked up and saw that the stone, which was very large, had already been rolled aside.

When they entered the tomb, they saw a young man clothed in a white robe sitting on the right side. The women were shocked, but the angel said, "Don't be alarmed. You are looking for Jesus of Nazareth, who was crucified. He isn't here! He is risen from the dead! Look, this is where they laid his body. Now go and tell his disciples, including Peter, that Jesus is going ahead of you to Galilee. You will see him there, just as he told you before he died."

The women fled from the tomb, trembling and bewildered, and they said nothing to anyone because they were too frightened.

Then they briefly reported all this to Peter and his companions. Afterward Jesus himself sent them out from east to west with the sacred and unfailing message of salvation that gives eternal life. Amen.

After Jesus rose from the dead early on Sunday morning, the first person who saw him was Mary Magdalene, the woman from whom he had cast out seven demons. She went to the disciples, who were grieving and weeping, and told them what had happened. But when she told them that Jesus was alive and she had seen him, they didn't believe her.

Afterward he appeared in a different form to two of his followers who were walking from Jerusalem into the country. They rushed back to tell the others, but no one believed them.

Still later he appeared to the eleven disciples as they were eating together. He rebuked them for their stubborn unbelief because they refused to believe those who had seen him after he had been raised from the dead.

And then he told them, "Go into all the world and preach the Good News to everyone. Anyone who believes and is baptized will be saved. But anyone who refuses to believe will be condemned. These miraculous signs will accompany those who believe: They will cast out demons in my name, and they will speak in new languages. They will be able to handle snakes with safety, and if they drink anything poisonous, it won't hurt them. They will be able to place their hands on the sick, and they will be healed."

When the Lord Jesus had finished talking with them, he was taken up into heaven and sat down in the place of honor at God's right hand. And the disciples went everywhere and preached, and the Lord worked through them, confirming what they said by many miraculous signs.

Lord's Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Psalm 89:11-20

The heavens are yours, and the earth is yours;
everything in the world is yours—you created it all.
You created north and south.
Mount Tabor and Mount Hermon praise your name.
Powerful is your arm!
Strong is your hand!
Your right hand is lifted high in glorious strength.
Righteousness and justice are the foundation of your throne.
Unfailing love and truth walk before you as attendants.
Happy are those who hear the joyful call to worship,
for they will walk in the light of your presence, Lord.
They rejoice all day long in your wonderful reputation.
They exult in your righteousness.
You are their glorious strength.

It pleases you to make us strong.
Yes, our protection comes from the Lord,
and he, the Holy One of Israel, has given us our king.

Long ago you spoke in a vision to your faithful people.
You said, "I have raised up a warrior.
I have selected him from the common people to be king.
I have found my servant David.
I have anointed him with my holy oil.

Intercession:

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

October 31, 2010

Morning

Call To Prayer: In the morning, O Lord, you hear my voice,* In the morning I lay my requests before you and wait in expectation.

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Morning Short Reading:

I am no longer my own, but yours.
Put me to what you will, rank me with whom you will.
Put me to doing, put me to suffering.
Let me be employed for you or laid aside for you, 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 art mine, and I am yours.
So be it.
And the covenant which I have made on earth, let it be ratified in heaven.
 Amen.
- from the Book of Offices of the British Methodist Church, 1936

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Morning Gospel: Acts 1

In my first book I told you, Theophilus, about everything Jesus began to do and teach until the day he was taken up to heaven after giving his chosen apostles further instructions through the Holy Spirit. During the forty days after his crucifixion, he appeared to the apostles from time to time, and he proved to them in many ways that he was actually alive. And he talked to them about the Kingdom of God.

Once when he was eating with them, he commanded them, "Do not leave Jerusalem until the Father sends you the gift he promised, as I told you before. John baptized with water, but in just a few days you will be baptized with the Holy Spirit."

So when the apostles were with Jesus, they kept asking him, "Lord, has the time come for you to free Israel and restore our kingdom?"

He replied, "The Father alone has the authority to set those dates and times, and they are not for you to know. But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."

After saying this, he was taken up into a cloud while they were watching, and they could no longer see him. As they strained to see him rising into heaven, two white-robed men suddenly stood among them. "Men of Galilee," they said, "why are you standing here staring into heaven? Jesus has been taken from you into heaven, but someday he will return from heaven in the same way you saw him go!"

Then the apostles returned to Jerusalem from the Mount of Olives, a distance of half a mile. When they arrived, they went to the upstairs room of the house where they were staying.

Here are the names of those who were present: Peter, John, James, Andrew, Philip, Thomas, Bartholomew, Matthew, James (son of Alphaeus), Simon (the Zealot), and Judas (son of James). They all met together and were constantly united in prayer, along with Mary the mother of Jesus, several other women, and the brothers of Jesus.

During this time, when about 120 believers were together in one place, Peter stood up and addressed them. “Brothers,” he said, “the Scriptures had to be fulfilled concerning Judas, who guided those who arrested Jesus. This was predicted long ago by the Holy Spirit, speaking through King David. Judas was one of us and shared in the ministry with us.”

(Judas had bought a field with the money he received for his treachery. Falling headfirst there, his body split open, spilling out all his intestines. The news of his death spread to all the people of Jerusalem, and they gave the place the Aramaic name Akeldama, which means “Field of Blood.”)

Peter continued, “This was written in the book of Psalms, where it says, ‘Let his home become desolate, with no one living in it.’ It also says, ‘Let someone else take his position.’

“So now we must choose a replacement for Judas from among the men who were with us the entire time we were traveling with the Lord Jesus— from the time he was baptized by John until the day he was taken from us. Whoever is chosen will join us as a witness of Jesus’ resurrection.”

So they nominated two men: Joseph called Barsabbas (also known as Justus) and Matthias. Then they all prayed, “O Lord, you know every heart. Show us which of these men you have chosen as an apostle to replace Judas in this ministry, for he has deserted us and gone where he belongs.” Then they cast lots, and Matthias was selected to become an apostle with the other eleven.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Morning Psalm: Deuteronomy 32:1-9

“Listen, O heavens, and I will speak!
Hear, O earth, the words that I say!
Let my teaching fall on you like rain;
let my speech settle like dew.
Let my words fall like rain on tender grass,
like gentle showers on young plants.
I will proclaim the name of the Lord;
how glorious is our God!
He is the Rock; his deeds are perfect.
Everything he does is just and fair.
He is a faithful God who does no wrong;
how just and upright he is!

“But they have acted corruptly toward him;
when they act so perversely,
are they really his children?
They are a deceitful and twisted generation.
Is this the way you repay the Lord,
you foolish and senseless people?
Isn’t he your Father who created you?
Has he not made you and established you?
Remember the days of long ago;

think about the generations past.
Ask your father, and he will inform you.
Inquire of your elders, and they will tell you.
When the Most High assigned lands to the nations,
when he divided up the human race,
he established the boundaries of the peoples
according to the number in his heavenly court.

“For the people of Israel belong to the Lord;
Jacob is his special possession.

Intercession:

Concluding Prayer: Lord God, Almighty and Everlasting Father, you have brought us in safety to this new day. Preserve us with your mighty power that we may not fall into sin nor be overcome by adversity and in all we do direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.



Midday

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.



Evening

Call To Prayer: Our help is in the name of the Lord* The Maker of heaven and earth

Vow: In a world that is frantic and chaotic we'll live simple, purposeful lives.

Scripture Related to the Vow: Luke 10:41-42

But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Evening Short Reading:

“We do not offer flour, yeast and salt - we offer bread. We do not offer whole grapes, acids, and enzymes - we offer wine. The bread and wine are made of other elements but are no longer able to be described as simply a composite of those elements; they have become new creations. In the same way, we are called to give of ourselves to our communities and to the world.”

- Will Samson, Enough: Contentment in an Age of Excess

Vow Prayer: Jesus your burden is light and your yoke is easy. Yet we live in a world of increasing complexity and burden. Please help us to depend only on you. Give us grace to extend the freedom and simplicity of child like trust to those around us. Amen.

Evening Gospel: Acts 2

On the day of Pentecost all the believers were meeting together in one place. Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.

At that time there were devout Jews from every nation living in Jerusalem. When they heard the loud noise, everyone came running, and they were bewildered to hear their own languages being spoken by the believers.

They were completely amazed. “How can this be?” they exclaimed. “These people are all from Galilee, and yet we hear them speaking in our own native languages! Here we are—Parthians, Medes, Elamites, people from Mesopotamia, Judea, Cappadocia, Pontus, the province of Asia, Phrygia, Pamphylia, Egypt, and the areas of Libya around Cyrene, visitors from Rome (both Jews and converts to Judaism), Cretans, and Arabs. And we all hear these people speaking in our own languages about the wonderful things God has done!” They stood there amazed and perplexed. “What can this mean?” they asked each other.

But others in the crowd ridiculed them, saying, “They’re just drunk, that’s all!”

Then Peter stepped forward with the eleven other apostles and shouted to the crowd, “Listen carefully, all of you, fellow Jews and residents of Jerusalem! Make no mistake about this. These people are not drunk, as some of you are assuming. Nine o’clock in the morning is much too early for that. No, what you see was predicted long ago by the prophet Joel:

‘In the last days,’ God says,

‘I will pour out my Spirit upon all people.

Your sons and daughters will prophesy.

Your young men will see visions,
and your old men will dream dreams.

In those days I will pour out my Spirit
even on my servants—men and women alike—
and they will prophesy.

And I will cause wonders in the heavens above
and signs on the earth below—
blood and fire and clouds of smoke.

The sun will become dark,
and the moon will turn blood red
before that great and glorious day of the Lord arrives.

But everyone who calls on the name of the Lord
will be saved.’

“People of Israel, listen! God publicly endorsed Jesus the Nazarene by doing powerful miracles, wonders, and signs through him, as you well know. But God knew what would happen, and his prearranged plan was carried out when Jesus was betrayed. With the help of lawless Gentiles, you nailed him to a cross and killed him. But God released him from the horrors of death and raised him back to life, for death could not keep him in its grip. King David said this about him:

‘I see that the Lord is always with me.

I will not be shaken, for he is right beside me.

No wonder my heart is glad,
and my tongue shouts his praises!

My body rests in hope.

For you will not leave my soul among the dead
or allow your Holy One to rot in the grave.

You have shown me the way of life,

and you will fill me with the joy of your presence.’

“Dear brothers, think about this! You can be sure that the patriarch David wasn’t referring to himself, for he died and was buried, and his tomb is still here among us. But he was a prophet, and he knew God had promised with an oath that one of David’s own descendants would sit on his throne. David was looking into the future and speaking of the Messiah’s resurrection. He was saying that God would not leave him among the dead or allow his body to rot in the grave.

“God raised Jesus from the dead, and we are all witnesses of this. Now he is exalted to the place of highest honor in heaven, at God’s right hand. And the Father, as he had promised, gave him the Holy Spirit to pour out upon us, just as you see and hear today. For David himself never ascended into heaven, yet he said,

‘The Lord said to my Lord,
“Sit in the place of honor at my right hand
until I humble your enemies,
making them a footstool under your feet.”’

“So let everyone in Israel know for certain that God has made this Jesus, whom you crucified, to be both Lord and Messiah!”

Peter’s words pierced their hearts, and they said to him and to the other apostles, “Brothers, what should we do?”

Peter replied, “Each of you must repent of your sins and turn to God, and be baptized in the name of Jesus Christ for the forgiveness of your sins. Then you will receive the gift of the Holy Spirit. This promise is to you, and to your children, and even to the Gentiles—all who have been called by the Lord our God.” Then Peter continued preaching for a long time, strongly urging all his listeners, “Save yourselves from this crooked generation!”

Those who believed what Peter said were baptized and added to the church that day—about 3,000 in all.

All the believers devoted themselves to the apostles’ teaching, and to fellowship, and to sharing in meals (including the Lord’s Supper), and to prayer.

A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. And all the believers met together in one place and shared everything they had. They sold their property and possessions and shared the money with those in need. They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity— all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved.

Lord’s Prayer:

Our Father in heaven. Let your holiness be revealed
Let your kingdom come. Let your will be done on earth as in heaven
Give us today our daily bread. Erase our debts as we erase the debts of others.
Keep us from temptation and Rescue us from evil.
For kingdom, power and glory belong to you for ever and ever.
Amen.

Evening Psalm: Deuteronomy 32:10-18

He found them in a desert land,
in an empty, howling wasteland.
He surrounded them and watched over them;
he guarded them as he would guard his own eyes.
Like an eagle that rouses her chicks
and hovers over her young,
so he spread his wings to take them up
and carried them safely on his pinions.

The Lord alone guided them;
they followed no foreign gods.
He let them ride over the highlands
and feast on the crops of the fields.
He nourished them with honey from the rock
and olive oil from the stony ground.
He fed them yogurt from the herd
and milk from the flock,
together with the fat of lambs.
He gave them choice rams from Bashan, and goats,
together with the choicest wheat.
You drank the finest wine,
made from the juice of grapes.

“But Israel soon became fat and unruly;
the people grew heavy, plump, and stuffed!
Then they abandoned the God who had made them;
they made light of the Rock of their salvation.
They stirred up his jealousy by worshiping foreign gods;
they provoked his fury with detestable deeds.
They offered sacrifices to demons, which are not God,
to gods they had not known before,
to new gods only recently arrived,
to gods their ancestors had never feared.
You neglected the Rock who had fathered you;
you forgot the God who had given you birth.

Intercession:

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