

PRAYER



FORMED

January 1, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Morning Short Reading:

Prayer allows us to lead into the center of our hearts not only those who love us but also those who hate us. This is possible only when we are willing to make our enemies part of ourselves and thus convert them first of all in our own hearts."

Donald P. McNeill, Douglas A. Morrison, Henri Nouwen; *Compassion: A Reflection on the Christian Life*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 1:1-17

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 1

Oh, the joys of those who do not
follow the advice of the wicked,
or stand around with sinners,
or join in with mockers.
But they delight in the law of the Lord,
meditating on it day and night.
They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.
But not the wicked!
They are like worthless chaff, scattered by the wind.
They will be condemned at the time of judgment.
Sinners will have no place among the godly.

For the Lord watches over the path of the godly,
but the path of the wicked leads to destruction.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Evening Short Reading:

To live a Christian life means to live in the world without being of it. It is in solitude that this inner freedom can grow. Jesus went to a lonely place to pray, that is, to grow in the awareness that all the power he had was given to him; that all the words he spoke came from his Father; and that all the works he did were not really his but the works of the One who had sent him. In the lonely place Jesus was made free to fail.

Henri J.M. Nouwen, *Out of Solitude*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 1:18-25

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 2

Why are the nations so angry?
Why do they waste their time with futile plans?
The kings of the earth prepare for battle;
the rulers plot together
against the Lord
and against his anointed one.
“Let us break their chains,” they cry,
“and free ourselves from slavery to God.”

But the one who rules in heaven laughs.
The Lord scoffs at them.
Then in anger he rebukes them,
terrifying them with his fierce fury.
For the Lord declares, “I have placed my chosen king on the throne
in Jerusalem, on my holy mountain.”

The king proclaims the Lord’s decree:
“The Lord said to me, ‘You are my son.
Today I have become your Father.
Only ask, and I will give you the nations as your inheritance,
the whole earth as your possession.
You will break them with an iron rod
and smash them like clay pots.’”

Now then, you kings, act wisely!
Be warned, you rulers of the earth!
Serve the Lord with reverent fear,
and rejoice with trembling.
Submit to God’s royal son, or he will become angry,
and you will be destroyed in the midst of all your activities—
for his anger flares up in an instant.
But what joy for all who take refuge in him!

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.

January 2, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Morning Short Reading:

Prayer is no easy matter. It demands a relationship in which you allow someone other than yourself to enter into the very center of your person, to see there what you would rather leave in darkness, and to touch there what you would rather leave untouched. Why would you really want to do that? Perhaps you would let the other cross your inner threshold to see something or to touch something, but to allow the other into that place where your most intimate life is shaped--that is dangerous and calls for defense.

Henri J.M. Nouwen, *With Open Hands*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 2:1-12

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 3

A psalm of David, regarding the time David fled from his son Absalom.

O Lord, I have so many enemies;
so many are against me.

So many are saying,
"God will never rescue him!"

Interlude

But you, O Lord, are a shield around me;
you are my glory, the one who holds my head high.

I cried out to the Lord,
and he answered me from his holy mountain.

Interlude

I lay down and slept,
yet I woke up in safety,
for the Lord was watching over me.
I am not afraid of ten thousand enemies
who surround me on every side.

Arise, O Lord!
Rescue me, my God!
Slap all my enemies in the face!
Shatter the teeth of the wicked!
Victory comes from you, O Lord.
May you bless your people.
Interlude

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Evening Short Reading:

Deep silence leads us to realize that prayer is, above all, acceptance. When we pray, we are standing with our hands open to the world. We know that God will become known to us in the nature around us, in people we meet, and in situations we run into. We trust that the world holds God's secrets within and we expect that secret to be shown to us. Prayer creates that openness in which God is given to us. Indeed, God wants to be admitted into the human heart, received with open hands, and loved with the same love with which we have been created.

Henri J.M. Nouwen, *With Open Hands*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 2:13-23

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 4

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

Answer me when I call to you,
O God who declares me innocent.
Free me from my troubles.
Have mercy on me and hear my prayer.

How long will you people ruin my reputation?
How long will you make groundless accusations?
How long will you continue your lies?
Interlude

You can be sure of this:
The Lord set apart the godly for himself.
The Lord will answer when I call to him.

Don't sin by letting anger control you.
Think about it overnight and remain silent.
Interlude

Offer sacrifices in the right spirit,
and trust the Lord.

Many people say, "Who will show us better times?"
Let your face smile on us, Lord.
You have given me greater joy
than those who have abundant harvests of grain and new wine.
In peace I will lie down and sleep,
for you alone, O Lord, will keep me safe.

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.

January 3, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Morning Short Reading:

In the silence of prayer you can spread out your hands to embrace nature, God, and your fellow human beings. This acceptance means not only that you are ready to look at your own limitations, but that you expect the coming of something new. For this reason, every prayer is an expression of hope.

Henri J.M. Nouwen, *With Open Hands*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 3:1-12

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 5

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

O Lord, hear me as I pray;

pay attention to my groaning.

Listen to my cry for help, my King and my God,

for I pray to no one but you.

Listen to my voice in the morning, Lord.

Each morning I bring my requests to you and wait expectantly.

O God, you take no pleasure in wickedness;

you cannot tolerate the sins of the wicked.

Therefore, the proud may not stand in your presence,

for you hate all who do evil.

You will destroy those who tell lies.

The Lord detests murderers and deceivers.

Because of your unfailing love, I can enter your house;
I will worship at your Temple with deepest awe.
Lead me in the right path, O Lord,
or my enemies will conquer me.
Make your way plain for me to follow.

My enemies cannot speak a truthful word.
Their deepest desire is to destroy others.
Their talk is foul, like the stench from an open grave.
Their tongues are filled with flattery.
O God, declare them guilty.
Let them be caught in their own traps.
Drive them away because of their many sins,
for they have rebelled against you.

But let all who take refuge in you rejoice;
let them sing joyful praises forever.
Spread your protection over them,
that all who love your name may be filled with joy.
For you bless the godly, O Lord;
you surround them with your shield of love.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Evening Short Reading:

In the prayer of hope, there are no guarantees asked, no conditions posed, and no proofs demanded. You expect everything from the other without binding the other in any way. Hope is based on the premise that the other gives only what is good. Hope includes an openness by which you wait for the promise to come through, even though you never know when, where, or how this might happen.”

Henri J.M. Nouwen, *With Open Hands*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 3:13-17

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 6

For the choir director: A psalm of David, to be accompanied by an eight-stringed instrument.

O Lord, don't rebuke me in your anger
or discipline me in your rage.
Have compassion on me, Lord, for I am weak.
Heal me, Lord, for my bones are in agony.
I am sick at heart.
How long, O Lord, until you restore me?

Return, O Lord, and rescue me.
Save me because of your unfailing love.
For the dead do not remember you.
Who can praise you from the grave?

I am worn out from sobbing.
All night I flood my bed with weeping,
drenching it with my tears.
My vision is blurred by grief;
my eyes are worn out because of all my enemies.

Go away, all you who do evil,
for the Lord has heard my weeping.
The Lord has heard my plea;
the Lord will answer my prayer.
May all my enemies be disgraced and terrified.
May they suddenly turn back in shame.

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.

January 4, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Morning Short Reading:

If we think that a little praying can't do any harm, we will soon find that it can't do much good either. Prayer has meaning only if it is necessary and indispensable. Prayer is prayer only when we say that without it, we cannot live.

Henri J.M. Nouwen, *With Open Hands*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 4:1-11

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 7

A psalm of David, which he sang to the Lord concerning Cush of the tribe of Benjamin.

I come to you for protection, O Lord my God.

Save me from my persecutors—rescue me!

If you don't, they will maul me like a lion,

tearing me to pieces with no one to rescue me.

O Lord my God, if I have done wrong

or am guilty of injustice,

if I have betrayed a friend

or plundered my enemy without cause,

then let my enemies capture me.

Let them trample me into the ground

and drag my honor in the dust.

Interlude

Arise, O Lord, in anger!

Stand up against the fury of my enemies!
Wake up, my God, and bring justice!
Gather the nations before you.
Rule over them from on high.
The Lord judges the nations.
Declare me righteous, O Lord,
for I am innocent, O Most High!
End the evil of those who are wicked,
and defend the righteous.
For you look deep within the mind and heart,
O righteous God.

God is my shield,
saving those whose hearts are true and right.
God is an honest judge.
He is angry with the wicked every day.

If a person does not repent,
God will sharpen his sword;
he will bend and string his bow.
He will prepare his deadly weapons
and shoot his flaming arrows.

The wicked conceive evil;
they are pregnant with trouble
and give birth to lies.
They dig a deep pit to trap others,
then fall into it themselves.
The trouble they make for others backfires on them.
The violence they plan falls on their own heads.

I will thank the Lord because he is just;
I will sing praise to the name of the Lord Most High.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Evening Short Reading:

Prayer is the breathing of the spiritual life. No prayer, no life. Prayer is the way we speak to God, as well as the way He communicates with us. Without a life of prayer, religion becomes merely a set of human convictions, without any inner roots. For this reason our Savior not only gives us an example of personal prayer in His own life and at His death, but He also teaches us how to pray. He tells us to go into our room and close the door so that the Father who hears us in secret may listen to us.

Benedict J. Groeschel, CFR, *The Journey Toward God: In the Footsteps of the Great Spiritual Writers*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 4:12-25

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 8

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

O Lord, our Lord, your majestic name fills the earth!

Your glory is higher than the heavens.

You have taught children and infants

to tell of your strength,

silencing your enemies

and all who oppose you.

When I look at the night sky and see the work of your fingers—

the moon and the stars you set in place—

what are mere mortals that you should think about them,

human beings that you should care for them?

Yet you made them only a little lower than God

and crowned them with glory and honor.

You gave them charge of everything you made,

putting all things under their authority—

the flocks and the herds
and all the wild animals,
the birds in the sky, the fish in the sea,
and everything that swims the ocean currents.

O Lord, our Lord, your majestic name fills 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.

January 5, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Morning Short Reading:

Wherever you call upon God,
Three ideas
Should guide your act of worship;
First, to humble your heart in reverence and adoration of God;
Second, to expand your heart with good will and thanksgiving;
Third, to lift up your heart in delight,
In that converse between lover and Beloved
Taught by the Holy Spirit in the Canticle of Canticles.
If this be done well,
Such wonderful peace and joy result
That they transport the soul from the realm of the senses,
Causing her to say,
"It is good to be here."
Thus should our prayer end,
Until the soul enters into that wonderful tabernacle,
The very house of God,
Where is heard the voice of one rejoicing in exultation.
St. Bonaventure, *A Guide to Meditation*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 5:1-16

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 9: 1-10

For the choir director: A psalm of David, to be sung to the tune "Death of the Son."

I will praise you, Lord, with all my heart;
I will tell of all the marvelous things you have done.
I will be filled with joy because of you.
I will sing praises to your name, O Most High.

My enemies retreated;
they staggered and died when you appeared.
For you have judged in my favor;
from your throne you have judged with fairness.
You have rebuked the nations and destroyed the wicked;
you have erased their names forever.
The enemy is finished, in endless ruins;
the cities you uprooted are now forgotten.

But the Lord reigns forever,
executing judgment from his throne.
He will judge the world with justice
and rule the nations with fairness.
The Lord is a shelter for the oppressed,
a refuge in times of trouble.
Those who know your name trust in you,
for you, O Lord, do not abandon those who search for you.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Evening Short Reading:

Meditation is really very simple, and there is not much need of elaborate techniques to teach us how to go about it. But that does not mean that mental prayer can be practiced without constant and strict interior discipline. This is especially true in our own time, when the intellectual and moral flabbiness of a materialistic society has robbed man's nature of its spiritual energy and tone."

Thomas Merton, "A Modern Spiritual Writer Gives an Outline of Interior Prayer"

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 5:17-48

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 9: 11-20

Sing praises to the Lord who reigns in Jerusalem.
Tell the world about his unforgettable deeds.
For he who avenges murder cares for the helpless.
He does not ignore the cries of those who suffer.

Lord, have mercy on me.
See how my enemies torment me.
Snatch me back from the jaws of death.
Save me so I can praise you publicly at Jerusalem's gates,
so I can rejoice that you have rescued me.

The nations have fallen into the pit they dug for others.
Their own feet have been caught in the trap they set.
The Lord is known for his justice.
The wicked are trapped by their own deeds.
Quiet Interlude

The wicked will go down to the grave.
This is the fate of all the nations who ignore God.
But the needy will not be ignored forever;
the hopes of the poor will not always be crushed.

Arise, O Lord!
Do not let mere mortals defy you!
Judge the nations!
Make them tremble in fear, O Lord.
Let the nations know they are merely human.
Interlude

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.

January 6, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Morning Short Reading:

The necessity for discipline does not imply obligation for all men to follow one identical and rigid system. There is a difference between being strict and being rigid. The well-disciplined soul, like a well-disciplined body, is agile, supple, and adaptable. A soul that is not pliable and free is incapable of progress in the ways of prayer. An unwise rigidity may seem to produce results at first, but it only ends by paralyzing the interior life.

Thomas Merton, "A Modern Spiritual Writer Gives an Outline of Interior Prayer"

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 6:1-18

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 10

O Lord, why do you stand so far away?

Why do you hide when I am in trouble?

The wicked arrogantly hunt down the poor.

Let them be caught in the evil they plan for others.

For they brag about their evil desires;

they praise the greedy and curse the Lord.

The wicked are too proud to seek God.

They seem to think that God is dead.

Yet they succeed in everything they do.

They do not see your punishment awaiting them.

They sneer at all their enemies.

They think, "Nothing bad will ever happen to us!"

We will be free of trouble forever!”

Their mouths are full of cursing, lies, and threats.
Trouble and evil are on the tips of their tongues.
They lurk in ambush in the villages,
waiting to murder innocent people.
They are always searching for helpless victims.
Like lions crouched in hiding,
they wait to pounce on the helpless.
Like hunters they capture the helpless
and drag them away in nets.
Their helpless victims are crushed;
they fall beneath the strength of the wicked.
The wicked think, “God isn’t watching us!
He has closed his eyes and won’t even see what we do!”

Arise, O Lord!
Punish the wicked, O God!
Do not ignore the helpless!
Why do the wicked get away with despising God?
They think, “God will never call us to account.”
But you see the trouble and grief they cause.
You take note of it and punish them.
The helpless put their trust in you.
You defend the orphans.

Break the arms of these wicked, evil people!
Go after them until the last one is destroyed.
The Lord is king forever and ever!
The godless nations will vanish from the land.
Lord, you know the hopes of the helpless.
Surely you will hear their cries and comfort them.
You will bring justice to the orphans and the oppressed,
so mere people can no longer terrify them.

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 chasing self-fulfillment we’ll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Evening Short Reading:

We cannot be raised above ourselves except by a higher power raising us up. For howsoever the interior steps are disposed, nothing is accomplished unless it is accompanied by divine aid. Divine help, however, comes to those who seek it from their hearts humbly and devoutly; and this means to sigh for it in this vale of tears, aided only by fervent prayer.

St. Bonaventure, *The Mind's Road to God*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 6:19-34

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 11

For the choir director: A psalm of David.

I trust in the Lord for protection.

So why do you say to me,

“Fly like a bird to the mountains for safety!

The wicked are stringing their bows

and fitting their arrows on the bowstrings.

They shoot from the shadows

at those whose hearts are right.

The foundations of law and order have collapsed.

What can the righteous do?”

But the Lord is in his holy Temple;

the Lord still rules from heaven.

He watches everyone closely,

examining every person on earth.

The Lord examines both the righteous and the wicked.

He hates those who love violence.

He will rain down blazing coals and burning sulfur on the wicked,

punishing them with scorching winds.
For the righteous Lord loves justice.
The virtuous will see his face.

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.

January 7, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Morning Short Reading:

May [my soul] ever compass Thee, seek Thee, find Thee, run to Thee, come up to Thee, meditate on Thee, speak of Thee, and do all for the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, with perseverance to the end; and be Thou alone ever my hope, my entire confidence, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession, my treasure; in Whom may my mind and my heart be ever fixed and firm and rooted immovably. Amen.
St. Bonaventure

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 7:1-12

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 12

For the choir director: A psalm of David, to be accompanied by an eight-stringed instrument.

Help, O Lord, for the godly are fast disappearing!

The faithful have vanished from the earth!

Neighbors lie to each other,

speaking with flattering lips and deceitful hearts.

May the Lord cut off their flattering lips

and silence their boastful tongues.

They say, "We will lie to our hearts' content.

Our lips are our own—who can stop us?"

The Lord replies, "I have seen violence done to the helpless,

and I have heard the groans of the poor.
Now I will rise up to rescue them,
as they have longed for me to do.”
The Lord’s promises are pure,
like silver refined in a furnace,
purified seven times over.
Therefore, Lord, we know you will protect the oppressed,
preserving them forever from this lying generation,
even though the wicked strut about,
and evil is praised throughout the land.

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 chasing self-fulfillment we’ll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we’ll center our lives on God through a prayerful life.

Scripture Related to the Vow: Romans 8:26

And the Holy Spirit helps us in our weakness. For example, we don’t know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Evening Short Reading:

In order to make a serious and fruitful meditation, we must enter into our prayer with a real sense of our need for these fruits. It is not enough to apply our minds to spiritual things in the same way as we might observe some natural phenomenon or conduct a scientific experiment. In mental prayer we enter a realm of which we are no longer the masters and we propose to ourselves the consideration of truths which exceed our natural comprehension and which, nevertheless, contain the secret of our destiny.”

St. Bonaventure, *A Guide to Meditation*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 7:13-29

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 13

For the choir director: A psalm of David.

O Lord, how long will you forget me? Forever?
How long will you look the other way?
How long must I struggle with anguish in my soul,
with sorrow in my heart every day?
How long will my enemy have the upper hand?

Turn and answer me, O Lord my God!
Restore the sparkle to my eyes, or I will die.
Don't let my enemies gloat, saying, "We have defeated him!"
Don't let them rejoice at my downfall.

But I trust in your unfailing love.
I will rejoice because you have rescued me.
I will sing to the Lord
because he is good to 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.

January 8, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Psalm 1

Oh, the joys of those who do not follow the advice of the wicked,
or stand around with sinners, or join in with mockers.
But they delight in the law of the Lord,
meditating on it day and night.
They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.
But not the wicked!
They are like worthless chaff, scattered by the wind.
They will be condemned at the time of judgment.
Sinners will have no place among the godly.
For the Lord watches over the path of the godly,
but the path of the wicked leads to destruction.

Morning Short Reading:

First, prayer of the Illuminative Way draws the soul to think less about itself, and more about "God and His Christ." There is now a totally new orientation, a totally new interest, from prayer of the Purgative Way; the soul has its eyes turned, henceforth, on a Person far more attractive, and far more worth contemplating, than its miserable little self. It realizes itself less and God and Jesus more, studies itself less and them more, cares for itself less and them more; in the end puts off self altogether and puts on Jesus Christ, judging itself and all things in His light alone."

Archbishop Laban Goodier, S.J.; "The Prayer of Friendship with Christ"

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 8:1-17

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 14

For the choir director: 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!

The Lord 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 the Lord.

Terror will grip them,

for God is with those who obey him.

The wicked frustrate the plans of the oppressed,

but the Lord will protect his people.

Who will come from Mount Zion to rescue Israel?

When the Lord 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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: “O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands.”

Evening Short Reading:

I concluded that the books would puzzle me more than help me. After all, I sought for no more than how to be God's and God's alone. My goal made me resolve to give my all for The All. So, after giving myself wholly to God, to take care of my sins, I renounced --- because I loved Him so much --- everything not of God. Now I began to live as if He and I were the only ones alive in the world.

Brother Lawrence of the Resurrection, “A Wise and Simple Friar Talks of Prayer”

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 8:18-34

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 15

A psalm of David.

Who may worship in your sanctuary, Lord?
Who may enter your presence on your holy hill?
Those who lead blameless lives and do what is right,
speaking the truth from sincere hearts.
Those who refuse to gossip
or harm their neighbors
or speak evil of their friends.
Those who despise flagrant sinners,
and honor the faithful followers of the Lord,
and keep their promises even when it hurts.
Those who lend money without charging interest,
and who cannot be bribed to lie about the innocent.
Such people will stand firm forever.

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.

January 9, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Morning Short Reading:

O LORD,
In Prayer I launch far out into the eternal world,
and on that broad ocean my soul triumphs
over all evils on the shore of mortality.
Time, with its gay amusements and cruel disappointments
never appears so inconsiderate as then.
In prayer I see myself as nothing;
I find my heart going after thee with intensity,
and long with vehement thirst to live to thee.
Blessed be the strong gales of the Spirit
that speed me on my way to the New Jerusalem.
In Prayer all things here below vanish,
and nothing seems important
but holiness of heart and salvation of others.
In prayer all my worldly cares, fears, anxieties disappear,
and are of as little significance as a puff of wind.
Prayer of an English Puritan, "In Prayer I Am Lifted Up"

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 9:1-17

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 16

A psalm of David.

Who may worship in your sanctuary, Lord?

Who may enter your presence on your holy hill?

Those who lead blameless lives and do what is right,
speaking the truth from sincere hearts.

Those who refuse to gossip
or harm their neighbors
or speak evil of their friends.

Those who despise flagrant sinners,
and honor the faithful followers of the Lord,
and keep their promises even when it hurts.

Those who lend money without charging interest,
and who cannot be bribed to lie about the innocent.

Such people will stand firm forever.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Evening Short Reading:

Prayer launches us on an inward journey to the heart, that intimate home where an unceasing conversation of love can take place. Prayer leads us to the knowledge that "all shall be well, and all shall be well, and all manner of thing shall be well." For Jean Vanier and the handicapped people with whom he lives, this divine intimacy where all is well is the basis

for a life together. They have learned that it is impossible to live together as wounded people if they simply depend on each other to provide the intimate home they seek."
Henri J.M. Nouwen; *Lifesigns: Intimacy, Fecundity and Ecstasy in Christian Perspective*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 9:18-38

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 17

A prayer of David.

O Lord, hear my plea for justice.
Listen to my cry for help.
Pay attention to my prayer,
for it comes from honest lips.
Declare me innocent,
for you see those who do right.

You have tested my thoughts and examined my heart in the night.
You have scrutinized me and found nothing wrong.
I am determined not to sin in what I say.
I have followed your commands,
which keep me from following cruel and evil people.
My steps have stayed on your path;
I have not wavered from following you.

I am praying to you because I know you will answer, O God.
Bend down and listen as I pray.
Show me your unfailing love in wonderful ways.
By your mighty power you rescue
those who seek refuge from their enemies.
Guard me as you would guard your own eyes.
Hide me in the shadow of your wings.
Protect me from wicked people who attack me,
from murderous enemies who surround me.
They are without pity.
Listen to their boasting!
They track me down and surround me,
watching for the chance to throw me to the ground.
They are like hungry lions, eager to tear me apart—
like young lions hiding in ambush.

Arise, O Lord!

Stand against them, and bring them to their knees!

Rescue me from the wicked with your sword!

By the power of your hand, O Lord,

destroy those who look to this world for their reward.

But satisfy the hunger of your treasured ones.

May their children have plenty,

leaving an inheritance for their descendants.

Because I am righteous, I will see you.

When I awake, I will see you face to face and be satisfied.

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.

January 10, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Morning Short Reading:

The function of prayer is to change my own mind, to put on the mind of Christ, to enable grace to break into me.

Joan Chittister, *Wisdom Distilled from the Daily: Living the Rule of St. Benedict Today*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 10:1-20

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 18: 1-11

For the choir director: A psalm of David, the servant of the Lord. He sang this song to the Lord on the day the Lord rescued him from all his enemies and from Saul. He sang:

I love you, Lord;
you are my strength.
The Lord is my rock, my fortress, and my savior;
my God is my rock, in whom I find protection.
He is my shield, the power that saves me,
and my place of safety.
I called on the Lord, who is worthy of praise,
and he saved me from my enemies.

The ropes of death entangled me;
floods of destruction swept over me.
The grave wrapped its ropes around me;

death laid a trap in my path.
But in my distress I cried out to the Lord;
yes, I prayed to my God for help.
He heard me from his sanctuary;
my cry to him reached his ears.

Then the earth quaked and trembled.
The foundations of the mountains shook;
they quaked because of his anger.
Smoke poured from his nostrils;
fierce flames leaped from his mouth.
Glowing coals blazed forth from him.
He opened the heavens and came down;
dark storm clouds were beneath his feet.
Mounted on a mighty angelic being, he flew,
soaring on the wings of the wind.
He shrouded himself in darkness,
veiling his approach with dark rain clouds.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Evening Short Reading:

A prayer room is first and foremost a living room – a place where the Father waits for His children to come and climb into His loving arms. It's a place where we can experience peace

so that we can make peace later; a place where we can accept forgiveness so that we can live our lives as priests at work; a place where we receive our Father's acceptance so that we can love even those who laugh at us later in the day."

Pete Greig, *Red Moon Rising*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 10:21-42

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 18:12-26

Thick clouds shielded the brightness around him
and rained down hail and burning coals.
The Lord thundered from heaven;
the voice of the Most High resounded
amid the hail and burning coals.
He shot his arrows and scattered his enemies;
his lightning flashed, and they were greatly confused.
Then at your command, O Lord,
at the blast of your breath,
the bottom of the sea could be seen,
and the foundations of the earth were laid bare.

He reached down from heaven and rescued me;
he drew me out of deep waters.
He rescued me from my powerful enemies,
from those who hated me and were too strong for me.
They attacked me at a moment when I was in distress,
but the Lord supported me.
He led me to a place of safety;
he rescued me because he delights in me.
The Lord rewarded me for doing right;
he restored me because of my innocence.
For I have kept the ways of the Lord;
I have not turned from my God to follow evil.
I have followed all his regulations;
I have never abandoned his decrees.
I am blameless before God;
I have kept myself from sin.
The Lord rewarded me for doing right.
He has seen my innocence.

To the faithful you show yourself faithful;
to those with integrity you show integrity.
To the pure you show yourself pure,
but to the wicked you show yourself hostile.

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.

January 11, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Morning Short Reading:

In the contemplative traditions, [Brennan Manning] told me, prayer is not primarily about changing things somewhere out there. It is first and foremost about changing something "in here," and he patted his chest. The most powerful thing that can happen in the place of prayer is that you yourself become the prayer. You leave the prayer room able as Jesus' hands and feet on earth. This is what it means to pray continually, to see with the eyes of Jesus, to hear with his ears, with every waking moment.

Pete Grieg, *Red Moon Rising*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 11:1-15

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 18: 27-39

You rescue the humble,
but you humiliate the proud.
You light a lamp for me.
The Lord, my God, lights up my darkness.
In your strength I can crush an army;
with my God I can scale any wall.

God's way is perfect.
All the Lord's promises prove true.
He is a shield for all who look to him for protection.

For who is God except the Lord?
Who but our God is a solid rock?
God arms me with strength,
and he makes my way perfect.
He makes me as surefooted as a deer,
enabling me to stand on mountain heights.
He trains my hands for battle;
he strengthens my arm to draw a bronze bow.
You have given me your shield of victory.
Your right hand supports me;
your help has made me great.
You have made a wide path for my feet
to keep them from slipping.

I chased my enemies and caught them;
I did not stop until they were conquered.
I struck them down so they could not get up;
they fell beneath my feet.
You have armed me with strength for the battle;
you have subdued my enemies under my feet.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Evening Short Reading:

Prayer isn't easy. Even Jesus' first disciples had to ask for help, and in response He said that we should start by calling God Father. That's the key to prayer."

Pete Greig, *Red Moon Rising*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 11:16-30

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 18: 40-51

You placed my foot on their necks.
I have destroyed all who hated me.
They called for help, but no one came to their rescue.
They even cried to the Lord, but he refused to answer.
I ground them as fine as dust in the wind.
I swept them into the gutter like dirt.
You gave me victory over my accusers.
You appointed me ruler over nations;
people I don't even know now serve me.
As soon as they hear of me, they submit;
foreign nations cringe before me.
They all lose their courage
and come trembling from their strongholds.

The Lord lives! Praise to my Rock!
May the God of my salvation be exalted!
He is the God who pays back those who harm me;
he subdues the nations under me
and rescues me from my enemies.
You hold me safe beyond the reach of my enemies;
you save me from violent opponents.
For this, O Lord, I will praise you among the nations;
I will sing praises to your name.
You give great victories to your king;
you show unfailing love to your anointed,
to David and all his descendants forever.

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.

January 12, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Morning Short Reading:

Prayer is about climbing into the lap of our Father rather than triggering some vast spiritual machine. It is about coming to rest in the constant awareness of God's presence in our undeserving lives, and we must never start striving and straining under the false burdens of guilt.

Pete Greig, *Red Moon Rising*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 12:1-14

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 19

For the choir director: A psalm of David.

The heavens proclaim the glory of God.

The skies display his craftsmanship.

Day after day they continue to speak;

night after night they make him known.

They speak without a sound or word;

their voice is never heard.

Yet their message has gone throughout the earth,
and their words to all the world.

God has made a home in the heavens for the sun.

It bursts forth like a radiant bridegroom after his wedding.
It rejoices like a great athlete eager to run the race.
The sun rises at one end of the heavens
and follows its course to the other end.
Nothing can hide from its heat.

The instructions of the Lord are perfect,
reviving the soul.
The decrees of the Lord are trustworthy,
making wise the simple.
The commandments of the Lord are right,
bringing joy to the heart.
The commands of the Lord are clear,
giving insight for living.
Reverence for the Lord is pure,
lasting forever.
The laws of the Lord are true;
each one is fair.
They are more desirable than gold,
even the finest gold.
They are sweeter than honey,
even honey dripping from the comb.
They are a warning to your servant,
a great reward for those who obey them.

How can I know all the sins lurking in my heart?
Cleanse me from these hidden faults.
Keep your servant from deliberate sins!
Don't let them control me.
Then I will be free of guilt
and innocent of great sin.

May the words of my mouth
and the meditation of my heart
be pleasing to you,
O Lord, my rock and my redeemer.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Evening Short Reading:

Prayer brings incredible answers to deep needs. It can lead to genuine breakthroughs in calling people, villages, and cities back to God. But the most important thing any prayer or prayer room can provide is a place where people can be alone with their eternal Father, a place where you and I can study His features, find comfort in His love, learn to recognize His quiet voice, seek His advice, and pour out our childish hearts to Him. In the prayer room, we pick up God's mannerisms; we grow in His likeness. We actually become the answer to many of our prayers. And of course that's the greatest miracle of all.

Pete Greig, *Red Moon Rising*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 12:15-37

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 20

For the choir director: A psalm of David.

In times of trouble, may the Lord answer your cry.

May the name of the God of Jacob keep you safe from all harm.

May he send you help from his sanctuary

and strengthen you from Jerusalem.

May he remember all your gifts

and look favorably on your burnt offerings.

Interlude

May he grant your heart's desires

and make all your plans succeed.

May we shout for joy when we hear of your victory
and raise a victory banner in the name of our God.
May the Lord answer all your prayers.

Now I know that the Lord rescues his anointed king.
He will answer him from his holy heaven
and rescue him by his great power.
Some nations boast of their chariots and horses,
but we boast in the name of the Lord our God.
Those nations will fall down and collapse,
but we will rise up and stand firm.

Give victory to our king, O Lord!
Answer our cry for help.

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.

January 13, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Morning Short Reading:

Whether we think of, or speak to, God, whether we act or suffer for Him, all is prayer, when we have no other object than His love, and the desire of pleasing Him. All that a Christian does, even in eating and sleeping, is prayer, when it is done in simplicity, according to the order of God... In souls filled with love, the desire to please God is a continual prayer.
John Wesley, *A Plain Account of Christian Perfection*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 12:38-50

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 21

How the king rejoices in your strength, O Lord!
He shouts with joy because you give him victory.
For you have given him his heart's desire;
you have withheld nothing he requested.
Interlude

You welcomed him back with success and prosperity.
You placed a crown of finest gold on his head.
He asked you to preserve his life,
and you granted his request.
The days of his life stretch on forever.
Your victory brings him great honor,

and you have clothed him with splendor and majesty.
You have endowed him with eternal blessings
and given him the joy of your presence.
For the king trusts in the Lord.
The unfailing love of the Most High will keep him from stumbling.
You will capture all your enemies.
Your strong right hand will seize all who hate you.
You will throw them in a flaming furnace
when you appear.
The Lord will consume them in his anger;
fire will devour them.
You will wipe their children from the face of the earth;
they will never have descendants.
Although they plot against you,
their evil schemes will never succeed.
For they will turn and run
when they see your arrows aimed at them.
Rise up, O Lord, in all your power.
With music and singing we celebrate your mighty acts

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Evening Short Reading:

Prayer without action is just religion in hiding

Pete Greig, *Red Moon Rising*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 13:1-23

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 22: 1-11

For the choir director: A psalm of David, to be sung to the tune "Doe of the Dawn."

My God, my God, why have you abandoned me?
Why are you so far away when I groan for help?
Every day I call to you, my God, but you do not answer.
Every night you hear my voice, but I find no relief.

Yet you are holy,
enthroned on the praises of Israel.
Our ancestors trusted in you,
and you rescued them.
They cried out to you and were saved.
They trusted in you and were never disgraced.

But I am a worm and not a man.
I am scorned and despised by all!
Everyone who sees me mocks me.
They sneer and shake their heads, saying,
"Is this the one who relies on the Lord?
Then let the Lord save him!
If the Lord loves him so much,
let the Lord rescue him!"

Yet you brought me safely from my mother's womb
and led me to trust you at my mother's breast.
I was thrust into your arms at my birth.
You have been my God from the moment I was born.

Do not stay so far from me,
for trouble is near,
and no one else can 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.

January 14, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Morning Short Reading:

To pray in the midst of the mundane is simply and strongly to assert that this dull and tiring day is holy and its simple labors are the stuff of God's saving presence for me now. To pray simply because it is prayer time is no small act of immersion in the God who is willing to wait for us to be conscious, to be ready, to be willing to become new in life."

Joan Chittister, *Wisdom Distilled from the Daily*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 13:24-43

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 22: 12-23

My enemies surround me like a herd of bulls;

 fierce bulls of Bashan have hemmed me in!

Like lions they open their jaws against me,

 roaring and tearing into their prey.

My life is poured out like water,

 and all my bones are out of joint.

My heart is like wax,

 melting within me.

My strength has dried up like sunbaked clay.

 My tongue sticks to the roof of my mouth.

 You have laid me in the dust and left me for dead.

My enemies surround me like a pack of dogs;

an evil gang closes in on me.
They have pierced my hands and feet.
I can count all my bones.
My enemies stare at me and gloat.
They divide my garments among themselves
and throw dice for my clothing.

O Lord, do not stay far away!
You are my strength; come quickly to my aid!
Save me from the sword;
spare my precious life from these dogs.
Snatch me from the lion's jaws
and from the horns of these wild oxen.

I will proclaim your name to my brothers and sisters.
I will praise you among your assembled people.
Praise the Lord, all you who fear him!
Honor him, all you descendants of Jacob!
Show him reverence, all you descendants of Israel!

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Evening Short Reading:

Prayer is not a matter of mood. To pray only when we feel like it is more to seek consolation than to risk conversion. To pray only when it suits us is to want God on our terms. To pray only when it is convenient is to make the God-life a very low priority in a list of better opportunities. To pray only when it feels good is to court total emptiness when we most need to be filled.

Joan Chittister, *Wisdom Distilled from the Daily*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 13:44-58

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 22: 24-31

For he has not ignored or belittled the suffering of the needy.
He has not turned his back on them,
but has listened to their cries for help.

I will praise you in the great assembly.
I will fulfill my vows in the presence of those who worship you.
The poor will eat and be satisfied.
All who seek the Lord will praise him.
Their hearts will rejoice with everlasting joy.
The whole earth will acknowledge the Lord and return to him.
All the families of the nations will bow down before him.
For royal power belongs to the Lord.
He rules all the nations.

Let the rich of the earth feast and worship.
Bow before him, all who are mortal,
all whose lives will end as dust.
Our children will also serve him.
Future generations will hear about the wonders of the Lord.
His righteous acts will be told to those not yet born.
They will hear about everything he has done.

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.

January 15, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Morning Short Reading:

The hard fact is that nobody finds time for prayer. The time must be taken. There will always be something more pressing to do, something more important to be about than the apparently fruitless, empty act of prayer. But when that attitude takes over, we have begun the last trip down a very short road because, without prayer, the energy for the rest of life runs down. The fuel runs out. We become our own worst enemies: we call ourselves too tired and too busy to pray when, in reality, we are too tired and too busy not to pray. Eventually, the burdens of the day wear us down and we no longer remember why we decided to do what we're doing: work for this project, marry this woman, have these children, minister in this place. And if I cannot remember why I decided to do this, I cannot figure out how I can go on with it. I am tired and the vision just gets dimmer and dimmer.

Joan Chittister, *Wisdom Distilled from the Daily*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 14:1-21

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 23

A psalm of David.

The Lord is my shepherd;
I have all that I need.
He lets me rest in green meadows;
he leads me beside peaceful streams.

He renews my strength.
He guides me along right paths,
bringing honor to his name.
Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.
You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.
Surely your goodness and unfailing love will pursue me
all the days of my life,
and I will live in the house of the Lord
forever.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Daniel 9:3-4

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. I prayed to the Lord my God and confessed: "O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands."

Evening Short Reading:

To pray when we cannot...is to let God be our prayer. The spirituality of regularity requires that we turn over our bruised and bleeding and fragmented and distracted selves to the

possibility of conversion, in memory and in hope, in good times and in bad, day after day after day, morning and night, this year and next. “

Joan Chittister, *Wisdom Distilled from the Daily*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 14:22-36

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 24

A psalm of David.

The earth is the Lord's, and everything in it.

The world and all its people belong to him.

For he laid the earth's foundation on the seas
and built it on the ocean depths.

Who may climb the mountain of the Lord?

Who may stand in his holy place?

Only those whose hands and hearts are pure,
who do not worship idols
and never tell lies.

They will receive the Lord's blessing
and have a right relationship with God their savior.

Such people may seek you
and worship in your presence, O God of Jacob.

Interlude

Open up, ancient gates!

Open up, ancient doors,
and let the King of glory enter.

Who is the King of glory?

The Lord, strong and mighty;
the Lord, invincible in battle.

Open up, ancient gates!

Open up, ancient doors,
and let the King of glory enter.

Who is the King of glory?

The Lord of Heaven's Armies—
he is the King of glory.

Interlude

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.

January 16, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

A life in prayer is a life in open hands where you are not ashamed of your weakness but realize that it is more perfect for a [human] to be led by the other than to seek to hold everything in [her] own hand."

Henri J.M. Nouwen

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 15:1-28

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 25: 1-11

A psalm of David.

O Lord, I give my life to you.

I trust in you, my God!

Do not let me be disgraced,
or let my enemies rejoice in my defeat.

No one who trusts in you will ever be disgraced,
but disgrace comes to those who try to deceive others.

Show me the right path, O Lord;
point out the road for me to follow.
Lead me by your truth and teach me,

for you are the God who saves me.
All day long I put my hope in you.
Remember, O Lord, your compassion and unfailing love,
which you have shown from long ages past.
Do not remember the rebellious sins of my youth.
Remember me in the light of your unfailing love,
for you are merciful, O Lord.

The Lord is good and does what is right;
he shows the proper path to those who go astray.
He leads the humble in doing right,
teaching them his way.
The Lord leads with unfailing love and faithfulness
all who keep his covenant and obey his demands.

For the honor of your name, O Lord,
forgive my many, many sins.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Evening Short Reading:

Prayer is friendship with God. Friendship is not formal, but it is not formless: it has its cultivation, its behavior, its obligations, even its disciplines...Prayer is listening as well as speaking, receiving as well as asking; and its deepest mood is friendship held in reverence. George A. Buttrick, *Prayer*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 15:29-39

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 25: 12-22

Who are those who fear the Lord?
He will show them the path they should choose.
They will live in prosperity,
and their children will inherit the land.
The Lord is a friend to those who fear him.
He teaches them his covenant.
My eyes are always on the Lord,
for he rescues me from the traps of my enemies.

Turn to me and have mercy,
for I am alone and in deep distress.
My problems go from bad to worse.
Oh, save me from them all!
Feel my pain and see my trouble.
Forgive all my sins.
See how many enemies I have
and how viciously they hate me!
Protect me! Rescue my life from them!
Do not let me be disgraced, for in you I take refuge.
May integrity and honesty protect me,
for I put my hope in you.

O God, ransom Israel
from all its troubles.

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.

January 17, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

Meditation is sometimes quite difficult. If we bear with hardship in prayer and wait patiently for the time of grace, we may well discover that meditation and prayer are very joyful experiences. We should not, however, judge the value of our meditation by "how we feel." A hard and apparently fruitless meditation may in fact be much more valuable than one that is easy, happy, enlightened, and apparently a big success.

Thomas Merton, *Contemplative Prayer*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 16:1-12

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 26

A psalm of David.

Declare me innocent, O Lord,
for I have acted with integrity;
I have trusted in the Lord without wavering.
Put me on trial, Lord, and cross-examine me.
Test my motives and my heart.
For I am always aware of your unfailing love,
and I have lived according to your truth.
I do not spend time with liars

or go along with hypocrites.
I hate the gatherings of those who do evil,
and I refuse to join in with the wicked.
I wash my hands to declare my innocence.
I come to your altar, O Lord,
singing a song of thanksgiving
and telling of all your wonders.
I love your sanctuary, Lord,
the place where your glorious presence dwells.

Don't let me suffer the fate of sinners.
Don't condemn me along with murderers.
Their hands are dirty with evil schemes,
and they constantly take bribes.
But I am not like that; I live with integrity.
So redeem me and show me mercy.
Now I stand on solid ground,
and I will publicly praise the Lord.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Evening Short Reading:

The highest form of prayer is the goodness of God. It comes down to us to meet our humblest needs. It gives life to our souls and makes them live and grow in grace and virtue. It is near in nature and swift in grace, for it is the same grace which our souls seek and always will.

Julian of Norwich, *Revelations of Divine Love*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 16:13-28

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 27

A psalm of David.

The Lord is my light and my salvation—
so why should I be afraid?
The Lord is my fortress, protecting me from danger,
so why should I tremble?
When evil people come to devour me,
when my enemies and foes attack me,
they will stumble and fall.
Though a mighty army surrounds me,
my heart will not be afraid.
Even if I am attacked,
I will remain confident.

The one thing I ask of the Lord—
the thing I seek most—
is to live in the house of the Lord all the days of my life,
delighting in the Lord's perfections
and meditating in his Temple.
For he will conceal me there when troubles come;
he will hide me in his sanctuary.
He will place me out of reach on a high rock.
Then I will hold my head high
above my enemies who surround me.
At his sanctuary I will offer sacrifices with shouts of joy,
singing and praising the Lord with music.

Hear me as I pray, O Lord.

Be merciful and answer me!

My heart has heard you say, "Come and talk with me."

And my heart responds, "Lord, I am coming."

Do not turn your back on me.
Do not reject your servant in anger.
You have always been my helper.
Don't leave me now; don't abandon me,
O God of my salvation!
Even if my father and mother abandon me,
the Lord will hold me close.

Teach me how to live, O Lord.
Lead me along the right path,
for my enemies are waiting for me.
Do not let me fall into their hands.
For they accuse me of things I've never done;
with every breath they threaten me with violence.
Yet I am confident I will see the Lord's goodness
while I am here in the land of the living.

Wait patiently for the Lord.
Be brave and courageous.
Yes, wait patiently for the Lord.

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.

January 18, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

A spiritual discipline is the concentrated effort to create some inner and outer space in our lives, where this obedience can be practiced. Through a spiritual discipline we prevent the world from filling our lives to such an extent that there is no place left to listen. A spiritual discipline sets us free to pray, or to say it better, allows the spirit of God to pray in us. Henri Nouwen, *Making All Things New*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 17:1-13

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 28

A psalm of David.

I pray to you, O Lord, my rock.
Do not turn a deaf ear to me.
For if you are silent,
I might as well give up and die.
Listen to my prayer for mercy
as I cry out to you for help,
as I lift my hands toward your holy sanctuary.

Do not drag me away with the wicked—

with those who do evil—
those who speak friendly words to their neighbors
while planning evil in their hearts.
Give them the punishment they so richly deserve!
Measure it out in proportion to their wickedness.
Pay them back for all their evil deeds!
Give them a taste of what they have done to others.
They care nothing for what the Lord has done
or for what his hands have made.
So he will tear them down,
and they will never be rebuilt!

Praise the Lord!
For he has heard my cry for mercy.
The Lord is my strength and shield.
I trust him with all my heart.
He helps me, and my heart is filled with joy.
I burst out in songs of thanksgiving.

The Lord gives his people strength.
He is a safe fortress for his anointed king.
Save your people!
Bless Israel, your special possession.
Lead them like a shepherd,
and carry them in your arms forever.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was

talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Evening Short Reading:

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your spirit lift us, we pray, to your presence where we may be still and know that you are God."

Book of Common Prayer

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 17:14-27

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 29

A psalm of David.

Honor the Lord, you heavenly beings;
honor the Lord for his glory and strength.
Honor the Lord for the glory of his name.
Worship the Lord in the splendor of his holiness.

The voice of the Lord echoes above the sea.
The God of glory thunders.
The Lord thunders over the mighty sea.
The voice of the Lord is powerful;
the voice of the Lord is majestic.
The voice of the Lord splits the mighty cedars;
the Lord shatters the cedars of Lebanon.
He makes Lebanon's mountains skip like a calf;
he makes Mount Hermon leap like a young wild ox.
The voice of the Lord strikes
with bolts of lightning.
The voice of the Lord makes the barren wilderness quake;
the Lord shakes the wilderness of Kadesh.
The voice of the Lord twists mighty oaks
and strips the forests bare.
In his Temple everyone shouts, "Glory!"

The Lord rules over the floodwaters.

The Lord reigns as king forever.
The Lord gives his people strength.
The Lord blesses them with peace.

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.

January 19, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

Desire and intention are the most dynamic of our faculties; they do work. They are the true explorers of the Infinite, the instruments of our ascent to God. Reason comes to the foot of the mountain; it is the industriousness will urged by the passionate heart which climbs the slope." Evelyn Underhill, *The Essentials of Mysticism*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 18:1-14

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 30

A psalm of David. A song for the dedication of the Temple.

I will exalt you, Lord, for you rescued me.
You refused to let my enemies triumph over me.
O Lord my God, I cried to you for help,
and you restored my health.
You brought me up from the grave, O Lord.
You kept me from falling into the pit of death.

Sing to the Lord, all you godly ones!
Praise his holy name.
For his anger lasts only a moment,

but his favor lasts a lifetime!
Weeping may last through the night,
but joy comes with the morning.

When I was prosperous, I said,
“Nothing can stop me now!”
Your favor, O Lord, made me as secure as a mountain.
Then you turned away from me, and I was shattered.

I cried out to you, O Lord.
I begged the Lord for mercy, saying,
“What will you gain if I die,
if I sink into the grave?
Can my dust praise you?
Can it tell of your faithfulness?
Hear me, Lord, and have mercy on me.
Help me, O Lord.”

You have turned my mourning into joyful dancing.
You have taken away my clothes of mourning and clothed me with joy,
that I might sing praises to you and not be silent.
O Lord my God, I will give you thanks forever!

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: “I know that you can do anything, and no one can stop you. You asked, ‘Who is this that questions my wisdom with such ignorance?’ It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, ‘Listen and I will speak! I have some questions for you, and you must answer them.’ I had only heard

about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance.”

Evening Short Reading:

I have done nothing but open windows – God has done the rest...My part is to live in this hour in continuous inner conversation with God and in perfect responsiveness to his will... How infinitely richer this direct first hand grasping of God himself is, than the old method which I used and recommended for years, the endless reading of devotional books. Almost it seems to me now that the very Bible cannot be read as a substitute for meeting God soul to soul and face to face.

Frank Laubach, *Letters by a Modern Mystic*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 18:13-35

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 31: 1-11

For the choir director: A psalm of David.

O Lord, I have come to you for protection;
don't let me be disgraced.

Save me, for you do what is right.

Turn your ear to listen to me;
rescue me quickly.

Be my rock of protection,
a fortress where I will be safe.

You are my rock and my fortress.

For the honor of your name, lead me out of this danger.

Pull me from the trap my enemies set for me,
for I find protection in you alone.

I entrust my spirit into your hand.

Rescue me, Lord, for you are a faithful God.

I hate those who worship worthless idols.

I trust in the Lord.

I will be glad and rejoice in your unfailing love,
for you have seen my troubles,

and you care about the anguish of my soul.

You have not handed me over to my enemies
but have set me in a safe place.

Have mercy on me, Lord, for I am in distress.
Tears blur my eyes.
My body and soul are withering away.
I am dying from grief;
my years are shortened by sadness.
Sin has drained my strength;
I am wasting away from within.
I am scorned by all my enemies
and despised by my neighbors—
even my friends are afraid to come near me.
When they see me on the street,
they run the other way.

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.

January 20, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

There is no Christian who does not have time to pray without ceasing. But I mean the spiritual praying, that is: no one is so heavily burdened with his labor, but that if he will he can, while working, speak with God in his heart, lay before Him his need and that of other men, ask for help, make petition, and in all this exercise and strengthen his faith.
Martin Luther, *Table Talk*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 19:1-15

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 31: 12-24

I am ignored as if I were dead,
as if I were a broken pot.
I have heard the many rumors about me,
and I am surrounded by terror.
My enemies conspire against me,
plotting to take my life.

But I am trusting you, O Lord,
saying, "You are my God!"
My future is in your hands.

Rescue me from those who hunt me down relentlessly.
Let your favor shine on your servant.
In your unfailing love, rescue me.
Don't let me be disgraced, O Lord,
for I call out to you for help.
Let the wicked be disgraced;
let them lie silent in the grave.
Silence their lying lips—
those proud and arrogant lips that accuse the godly.

How great is the goodness
you have stored up for those who fear you.
You lavish it on those who come to you for protection,
blessing them before the watching world.
You hide them in the shelter of your presence,
safe from those who conspire against them.
You shelter them in your presence,
far from accusing tongues.

Praise the Lord,
for he has shown me the wonders of his unfailing love.
He kept me safe when my city was under attack.
In panic I cried out,
“I am cut off from the Lord!”
But you heard my cry for mercy
and answered my call for help.

Love the Lord, all you godly ones!
For the Lord protects those who are loyal to him,
but he harshly punishes the arrogant.
So be strong and courageous,
all you who put your hope in the Lord!

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Evening Short Reading:

Dear Brothers, you should never doubt your prayer, thinking that it might have been in vain, for I tell you truly that before you have uttered the words, the prayer is already recorded in heaven. Therefore you should confidently expect from God one of two things: either that your prayer will be granted, or, that if not granted, the granting of it would not be good for you. St. Bernard, quoted by Martin Luther in *Table Talk*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 19:16-30

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 32

A psalm of David.

Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!
Yes, what joy for those
whose record the Lord has cleared of guilt,
whose lives are lived in complete honesty!

When I refused to confess my sin,
my body wasted away,
and I groaned all day long.

Day and night your hand of discipline was heavy on me.
My strength evaporated like water in the summer heat.

Interlude

Finally, I confessed all my sins to you
and stopped trying to hide my guilt.

I said to myself, "I will confess my rebellion to the Lord."
And you forgave me! All my guilt is gone.
Interlude

Therefore, let all the godly pray to you while there is still time,
that they may not drown in the floodwaters of judgment.
For you are my hiding place;
you protect me from trouble.
You surround me with songs of victory.
Interlude

The Lord says, "I will guide you along the best pathway for your life.
I will advise you and watch over you.
Do not be like a senseless horse or mule
that needs a bit and bridle to keep it under control."

Many sorrows come to the wicked,
but unfailing love surrounds those who trust the Lord.
So rejoice in the Lord and be glad, all you who obey him!
Shout for joy, all you whose hearts are pure!

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.

January 21, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

[Praying] demands that you take to the road again and again, leaving your house and looking forward to a new land for yourself and your [fellow human]. This is why praying demands poverty, that is, the readiness to live a life in which you have nothing to lose so that you always begin afresh.

Henri J.M. Nouwen, *With Open Hands*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 20:1-16

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 33: 1-12

Let the godly sing for joy to the Lord;
it is fitting for the pure to praise him.
Praise the Lord with melodies on the lyre;
make music for him on the ten-stringed harp.
Sing a new song of praise to him;
play skillfully on the harp, and sing with joy.
For the word of the Lord holds true,
and we can trust everything he does.
He loves whatever is just and good;
the unfailing love of the Lord fills the earth.

The Lord merely spoke,
and the heavens were created.
He breathed the word,
and all the stars were born.
He assigned the sea its boundaries
and locked the oceans in vast reservoirs.
Let the whole world fear the Lord,
and let everyone stand in awe of him.
For when he spoke, the world began!
It appeared at his command.

The Lord frustrates the plans of the nations
and thwarts all their schemes.
But the Lord's plans stand firm forever;
his intentions can never be shaken.

What joy for the nation whose God is the Lord,
whose people he has chosen as his inheritance.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Evening Short Reading:

He had concluded that the shortest path to God was by a continual exercise of his love, while doing all things for the love of God.

Brother Lawrence, *The Practice of the Presence of God*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 20:17-34

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 33: 13-24

The Lord looks down from heaven
and sees the whole human race.
From his throne he observes
all who live on the earth.
He made their hearts,
so he understands everything they do.
The best-equipped army cannot save a king,
nor is great strength enough to save a warrior.
Don't count on your warhorse to give you victory—
for all its strength, it cannot save you.

But the Lord watches over those who fear him,
those who rely on his unfailing love.
He rescues them from death
and keeps them alive in times of famine.

We put our hope in the Lord.
He is our help and our shield.
In him our hearts rejoice,
for we trust in his holy name.
Let your unfailing love surround us, Lord,
for our hope is in you alone.

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.

January 22, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

...for him the time of prayer was no different than any other time, that he retired to pray when Father Prior told him to do so, but that he neither desired nor asked for this since his most absorbing work did not divert him from God.

Brother Lawrence, *The Practice of the Presence of God*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 21:1-22

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 34: 1-11

A psalm of David, regarding the time he pretended to be insane in front of Abimelech, who sent him away.

I will praise the Lord at all times.
I will constantly speak his praises.
I will boast only in the Lord;
let all who are helpless take heart.
Come, let us tell of the Lord's greatness;
let us exalt his name together.

I prayed to the Lord, and he answered me.
He freed me from all my fears.
Those who look to him for help will be radiant with joy;
no shadow of shame will darken their faces.
In my desperation I prayed, and the Lord listened;
he saved me from all my troubles.
For the angel of the Lord is a guard;
he surrounds and defends all who fear him.

Taste and see that the Lord is good.
Oh, the joys of those who take refuge in him!
Fear the Lord, you his godly people,
for those who fear him will have all they need.
Even strong young lions sometimes go hungry,
but those who trust in the Lord will lack no good thing.

Come, my children, and listen to me,
and I will teach you to fear the Lord.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Evening Short Reading:

It is a great delusion to think that the time set aside for prayer should be different from other times...we are equally obliged to be united to God by work in the time assigned to work as by prayer during prayer time.

Brother Lawrence, *The Practice of the Presence of God*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 21:23-46

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 34: 12-22

Does anyone want to live a life
that is long and prosperous?
Then keep your tongue from speaking evil
and your lips from telling lies!
Turn away from evil and do good.
Search for peace, and work to maintain it.

The eyes of the Lord watch over those who do right;
his ears are open to their cries for help.
But the Lord turns his face against those who do evil;
he will erase their memory from the earth.
The Lord hears his people when they call to him for help.
He rescues them from all their troubles.
The Lord is close to the brokenhearted;
he rescues those whose spirits are crushed.

The righteous person faces many troubles,
but the Lord comes to the rescue each time.
For the Lord protects the bones of the righteous;
not one of them is broken!

Calamity will surely overtake the wicked,
and those who hate the righteous will be punished.
But the Lord will redeem those who serve him.
No one who takes refuge in him will be condemned.

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.

January 23, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: "I know that you can do anything, and no one can stop you. You asked, 'Who is this that questions my wisdom with such ignorance?' It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, 'Listen and I will speak! I have some questions for you, and you must answer them.' I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance."

Morning Short Reading:

The holiest, most common, most necessary practice in the spiritual life is the presence of God, that is to take delight in and become accustomed to His divine company, speaking humbly and talking lovingly with him at all times, at every moment without rule or system and especially in times of temptation, suffering, spiritual aridity, disgust and even of unfaithfulness and sin.

Brother Lawrence, *The Practice of the Presence of God*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 22:1-22

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 35: 1-14

A psalm of David.

O Lord, oppose those who oppose me.
Fight those who fight against me.
Put on your armor, and take up your shield.
Prepare for battle, and come to my aid.
Lift up your spear and javelin
against those who pursue me.
Let me hear you say,
"I will give you victory!"

Bring shame and disgrace on those trying to kill me;
turn them back and humiliate those who want to harm me.
Blow them away like chaff in the wind—
a wind sent by the angel of the Lord.
Make their path dark and slippery,
with the angel of the Lord pursuing them.
I did them no wrong, but they laid a trap for me.
I did them no wrong, but they dug a pit to catch me.
So let sudden ruin come upon them!
Let them be caught in the trap they set for me!
Let them be destroyed in the pit they dug for me.

Then I will rejoice in the Lord.
I will be glad because he rescues me.
With every bone in my body I will praise him:
“Lord, who can compare with you?
Who else rescues the helpless from the strong?
Who else protects the helpless and poor from those who rob them?”

Malicious witnesses testify against me.
They accuse me of crimes I know nothing about.
They repay me evil for good.
I am sick with despair.
Yet when they were ill, I grieved for them.
I denied myself by fasting for them,
but my prayers returned unanswered.
I was sad, as though they were my friends or family,
as if I were grieving for my own mother.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Job 42:1-6

Then Job replied to the Lord: “I know that you can do anything, and no one can stop you. You asked, ‘Who is this that questions my wisdom with such ignorance?’ It is I—and I was talking about things I knew nothing about, things far too wonderful for me. You said, ‘Listen and I will speak! I have some questions for you, and you must answer them.’ I had only heard about you before, but now I have seen you with my own eyes. I take back everything I said, and I sit in dust and ashes to show my repentance.”

Evening Short Reading:

True, whole prayer is nothing but love.
St. Augustine

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 22:23-46

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 35: 15-28

But they are glad now that I am in trouble;
they gleefully join together against me.
I am attacked by people I don’t even know;
they slander me constantly.
They mock me and call me names;
they snarl at me.

How long, O Lord, will you look on and do nothing?
Rescue me from their fierce attacks.
Protect my life from these lions!
Then I will thank you in front of the great assembly.
I will praise you before all the people.
Don’t let my treacherous enemies rejoice over my defeat.
Don’t let those who hate me without cause gloat over my sorrow.
They don’t talk of peace;
they plot against innocent people who mind their own business.
They shout, “Aha! Aha!
With our own eyes we saw him do it!”

O Lord, you know all about this.
Do not stay silent.
Do not abandon me now, O Lord.
Wake up! Rise to my defense!

Take up my case, my God and my Lord.
Declare me not guilty, O Lord my God, for you give justice.
Don't let my enemies laugh about me in my troubles.
Don't let them say, "Look, we got what we wanted!
Now we will eat him alive!"

May those who rejoice at my troubles
be humiliated and disgraced.
May those who triumph over me
be covered with shame and dishonor.
But give great joy to those who came to my defense.
Let them continually say, "Great is the Lord,
who delights in blessing his servant with peace!"
Then I will proclaim your justice,
and I will praise you all day long.

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.

January 24, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

Practicing the presence of God is not on trial. Countless saints have already proved it. Indeed, the spiritual giants of all ages have known it. The results of this effort begin to show clearly in a month. They grow rich after six months, and glorious after ten years. This is the secret of the great saints of all ages. "Pray without ceasing," said Paul, "in everything make your wants known unto God." "As many as are led by the spirit of God, these are the sons of God."

Frank Laubach

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 23:1-22

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 36

For the choir director: A psalm of David, the servant of the Lord.

Sin whispers to the wicked, deep within their hearts.

They have no fear of God at all.

In their blind conceit,

they cannot see how wicked they really are.

Everything they say is crooked and deceitful.

They refuse to act wisely or do good.

They lie awake at night, hatching sinful plots.

Their actions are never good.

They make no attempt to turn from evil.

Your unfailing love, O Lord, is as vast as the heavens;
your faithfulness reaches beyond the clouds.
Your righteousness is like the mighty mountains,
your justice like the ocean depths.
You care for people and animals alike, O Lord.
How precious is your unfailing love, O God!
All humanity finds shelter
in the shadow of your wings.
You feed them from the abundance of your own house,
letting them drink from your river of delights.
For you are the fountain of life,
the light by which we see.

Pour out your unfailing love on those who love you;
give justice to those with honest hearts.
Don't let the proud trample me
or the wicked push me around.
Look! Those who do evil have fallen!
They are thrown down, never to rise again.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

We shall never learn to know ourselves except by endeavoring to know God; for, beholding His greatness, we realize our own littleness; His purity shows us our foulness; and by meditating upon His humility we find how very far we are from being humble.
St Teresa of Avila

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 23:23-39

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 37: 1-10

A psalm of David.

Don't worry about the wicked
or envy those who do wrong.
For like grass, they soon fade away.
Like spring flowers, they soon wither.

Trust in the Lord and do good.
Then you will live safely in the land and prosper.
Take delight in the Lord,
and he will give you your heart's desires.

Commit everything you do to the Lord.
Trust him, and he will help you.
He will make your innocence radiate like the dawn,
and the justice of your cause will shine like the noonday sun.

Be still in the presence of the Lord,
and wait patiently for him to act.
Don't worry about evil people who prosper
or fret about their wicked schemes.

Stop being angry!
Turn from your rage!
Do not lose your temper—
it only leads to harm.
For the wicked will be destroyed,
but those who trust in the Lord will possess the land.

Soon the wicked will disappear.
Though you look for them, they will be gone.

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.

January 25, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

For me prayer is a surge of the heart, it is a simple look towards Heaven, it is a cry of recognition and of love, embracing both trial and joy.
Saint Therese of Lisieux

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 24:1-25

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 37: 11-23

The lowly will possess the land
and will live in peace and prosperity.

The wicked plot against the godly;
they snarl at them in defiance.
But the Lord just laughs,
for he sees their day of judgment coming.

The wicked draw their swords
and string their bows
to kill the poor and the oppressed,
to slaughter those who do right.
But their swords will stab their own hearts,

and their bows will be broken.

It is better to be godly and have little
than to be evil and rich.
For the strength of the wicked will be shattered,
but the Lord takes care of the godly.

Day by day the Lord takes care of the innocent,
and they will receive an inheritance that lasts forever.
They will not be disgraced in hard times;
even in famine they will have more than enough.

But the wicked will die.
The Lord's enemies are like flowers in a field—
they will disappear like smoke.

The wicked borrow and never repay,
but the godly are generous givers.
Those the Lord blesses will possess the land,
but those he curses will die.

The Lord directs the steps of the godly.
He delights in every detail of their lives.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

Even though I had on my conscience all the sins that can be committed, I would go, my heart broken with sorrow, and throw myself into Jesus' arms, for I know how much He loves the prodigal child who returns to Him.

St. Therese of Lisieux

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 24:26-51

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 37: 24-40

Though they stumble, they will never fall,
for the Lord holds them by the hand.

Once I was young, and now I am old.
Yet I have never seen the godly abandoned
or their children begging for bread.
The godly always give generous loans to others,
and their children are a blessing.

Turn from evil and do good,
and you will live in the land forever.
For the Lord loves justice,
and he will never abandon the godly.

He will keep them safe forever,
but the children of the wicked will die.
The godly will possess the land
and will live there forever.

The godly offer good counsel;
they teach right from wrong.
They have made God's law their own,
so they will never slip from his path.

The wicked wait in ambush for the godly,
looking for an excuse to kill them.
But the Lord will not let the wicked succeed
or let the godly be condemned when they are put on trial.

Put your hope in the Lord.
Travel steadily along his path.
He will honor you by giving you the land.
You will see the wicked destroyed.

I have seen wicked and ruthless people
flourishing like a tree in its native soil.
But when I looked again, they were gone!
Though I searched for them, I could not find them!

Look at those who are honest and good,
for a wonderful future awaits those who love peace.
But the rebellious will be destroyed;
they have no future.

The Lord rescues the godly;
he is their fortress in times of trouble.
The Lord helps them,
rescuing them from the wicked.
He saves them,
and they find shelter in him.

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.

January 26, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

To clasp the hands in prayer is the beginning of an uprising against the disorder of the world.
Karl Barth

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 25:1-13

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 38: 1-11

A psalm of David, asking God to remember him.

O Lord, don't rebuke me in your anger
or discipline me in your rage!
Your arrows have struck deep,
and your blows are crushing me.
Because of your anger, my whole body is sick;
my health is broken because of my sins.
My guilt overwhelms me—
it is a burden too heavy to bear.
My wounds fester and stink
because of my foolish sins.
I am bent over and racked with pain.
All day long I walk around filled with grief.
A raging fever burns within me,
and my health is broken.

I am exhausted and completely crushed.
My groans come from an anguished heart.

You know what I long for, Lord;
you hear my every sigh.
My heart beats wildly, my strength fails,
and I am going blind.
My loved ones and friends stay away, fearing my disease.
Even my own family stands at a distance.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

What prayer as asking presupposes is simply a personal - that is an experientially interactive - relationship between us and God just as with a request of child to parent or friend to friend.
Dallas Willard, *Divine Conspiracy*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 25:14-30

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 38: 12-22

Meanwhile, my enemies lay traps to kill me.
Those who wish me harm make plans to ruin me.
All day long they plan their treachery.

But I am deaf to all their threats.
I am silent before them as one who cannot speak.
I choose to hear nothing,
and I make no reply.
For I am waiting for you, O Lord.
You must answer for me, O Lord my God.
I prayed, "Don't let my enemies gloat over me
or rejoice at my downfall."

I am on the verge of collapse,
facing constant pain.
But I confess my sins;
I am deeply sorry for what I have done.
I have many aggressive enemies;
they hate me without reason.
They repay me evil for good
and oppose me for pursuing good.
Do not abandon me, O Lord.
Do not stand at a distance, my God.
Come quickly to help me,
O Lord my savior.

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.

January 27, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

I believe the most adequate description of prayer is simply, "Talking to God about what we are doing together."

Dallas Willard, *Divine Conspiracy*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 25:31-46

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 39

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

I said to myself, "I will watch what I do
and not sin in what I say.

I will hold my tongue
when the ungodly are around me."

But as I stood there in silence—
not even speaking of good things—
the turmoil within me grew worse.

The more I thought about it,
the hotter I got,
igniting a fire of words:

"Lord, remind me how brief my time on earth will be.
Remind me that my days are numbered—
how fleeting my life is.

You have made my life no longer than the width of my hand.

My entire lifetime is just a moment to you;
at best, each of us is but a breath.”

Interlude

We are merely moving shadows,
and all our busy rushing ends in nothing.

We heap up wealth,
not knowing who will spend it.

And so, Lord, where do I put my hope?

My only hope is in you.

Rescue me from my rebellion.

Do not let fools mock me.

I am silent before you; I won't say a word,
for my punishment is from you.

But please stop striking me!

I am exhausted by the blows from your hand.

When you discipline us for our sins,
you consume like a moth what is precious to us.

Each of us is but a breath.

Interlude

Hear my prayer, O Lord!

Listen to my cries for help!

Don't ignore my tears.

For I am your guest—

a traveler passing through,

as my ancestors were before me.

Leave me alone so I can smile again

before I am gone and exist no more.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

The Psalms constitute the masterwork of prayer in the Old Testament. They present two inseparable qualities: the personal and the communal. They extend to all dimensions of history recalling God's promises already fulfilled and looking for the coming of the Messiah." *Catechism of the Catholic Church*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 26:1-30

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 40

For the choir director: A psalm of David.

I waited patiently for the Lord to help me,
and he turned to me and heard my cry.
He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along.
He has given me a new song to sing,
a hymn of praise to our God.
Many will see what he has done and be amazed.
They will put their trust in the Lord.

Oh, the joys of those who trust the Lord,
who have no confidence in the proud
or in those who worship idols.
O Lord my God, you have performed many wonders for us.
Your plans for us are too numerous to list.
You have no equal.
If I tried to recite all your wonderful deeds,
I would never come to the end of them.

You take no delight in sacrifices or offerings.
Now that you have made me listen, I finally understand—
you don't require burnt offerings or sin offerings.
Then I said, "Look, I have come.
As is written about me in the Scriptures:
I take joy in doing your will, my God,
for your instructions are written on my heart."

I have told all your people about your justice.
I have not been afraid to speak out,
as you, O Lord, well know.
I have not kept the good news of your justice hidden in my heart;
I have talked about your faithfulness and saving power.
I have told everyone in the great assembly
of your unfailing love and faithfulness.

Lord, don't hold back your tender mercies from me.
Let your unfailing love and faithfulness always protect me.
For troubles surround me—
too many to count!
My sins pile up so high
I can't see my way out.
They outnumber the hairs on my head.
I have lost all courage.

Please, Lord, rescue me!
Come quickly, Lord, and help me.
May those who try to destroy 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, "The Lord is great!"
As for me, since I am poor and needy,
let the Lord keep me in his thoughts.
You are my helper and my savior.
O my God, 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.

January 28, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

Prayed and fulfilled in Christ, the Psalms are an essential and permanent element of the prayer of the Church. They are suitable for men of every condition and time.
Catechism of the Catholic Church

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 26:31-46

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 41

For the choir director: A psalm of David.

Oh, the joys of those who are kind to the poor!
The Lord rescues them when they are in trouble.
The Lord protects them
and keeps them alive.
He gives them prosperity in the land
and rescues them from their enemies.
The Lord nurses them when they are sick
and restores them to health.

"O Lord," I prayed, "have mercy on me.
Heal me, for I have sinned against you."
But my enemies say nothing but evil about me.
"How soon will he die and be forgotten?" they ask.

They visit me as if they were my friends,
but all the while they gather gossip,
and when they leave, they spread it everywhere.
All who hate me whisper about me,
imagining the worst.
“He has some fatal disease,” they say.
“He will never get out of that bed!”
Even my best friend, the one I trusted completely,
the one who shared my food, has turned against me.

Lord, have mercy on me.
Make me well again, so I can pay them back!
I know you are pleased with me,
for you have not let my enemies triumph over me.
You have preserved my life because I am innocent;
you have brought me into your presence forever.

Praise the Lord, the God of Israel,
who lives from everlasting to everlasting.
Amen and amen!

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

The fruit of silence is prayer
The fruit of prayer is faith
The fruit of faith is love
The fruit of love is service
The fruit of service is peace.
Mother Teresa

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 26:47-75

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 42

For the choir director: A psalm of the descendants of Korah.

As the deer longs for streams of water,
so I long for you, O God.
I thirst for God, the living God.
When can I go and stand before him?
Day and night I have only tears for food,
while my enemies continually taunt me, saying,
"Where is this God of yours?"

My heart is breaking
as I remember how it used to be:
I walked among the crowds of worshipers,
leading a great procession to the house of God,
singing for joy and giving thanks
amid the sound of a great celebration!

Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!

Now I am deeply discouraged,
but I will remember you—
even from distant Mount Hermon, the source of the Jordan,
from the land of Mount Mizar.
I hear the tumult of the raging seas
as your waves and surging tides sweep over me.
But each day the Lord pours his unfailing love upon me,

and through each night I sing his songs,
praying to God who gives me life.

“O God my rock,” I cry,
“Why have you forgotten me?
Why must I wander around in grief,
oppressed by my enemies?”
Their taunts break my bones.
They scoff, “Where is this God of yours?”

Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my 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.

January 29, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

Prayer is where the action is.
John Wesley

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 27:1-31

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 43

Declare me innocent, O God!
Defend me against these ungodly people.
Rescue me from these unjust liars.
For you are God, my only safe haven.
Why have you tossed me aside?
Why must I wander around in grief,
oppressed by my enemies?
Send out your light and your truth;
let them guide me.
Let them lead me to your holy mountain,
to the place where you live.
There I will go to the altar of God,
to God—the source of all my joy.
I will praise you with my harp,
O God, my God!

Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again—
my Savior and my God!

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

The prayer power has never been tried to its full capacity. If we want to see mighty wonders of divine power and grace wrought in the place of weakness, failure and disappointment, let us answer God's standing challenge, "Call unto me, and I will answer thee, and show thee great and mighty things which thou knowest not!"
J. Hudson Taylor

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 27:32-56

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 44

For the choir director: A psalm of the descendants of Korah.

O God, we have heard it with our own ears—

our ancestors have told us
of all you did in their day,
in days long ago:

You drove out the pagan nations by your power
and gave all the land to our ancestors.

You crushed their enemies
and set our ancestors free.

They did not conquer the land with their swords;
it was not their own strong arm that gave them victory.

It was your right hand and strong arm
and the blinding light from your face that helped them,
for you loved them.

You are my King and my God.

You command victories for Israel.

Only by your power can we push back our enemies;
only in your name can we trample our foes.

I do not trust in my bow;

I do not count on my sword to save me.

You are the one who gives us victory over our enemies;
you disgrace those who hate us.

O God, we give glory to you all day long
and constantly praise your name.

Interlude

But now you have tossed us aside in dishonor.

You no longer lead our armies to battle.

You make us retreat from our enemies
and allow those who hate us to plunder our land.

You have butchered us like sheep
and scattered us among the nations.

You sold your precious people for a pittance,
making nothing on the sale.

You let our neighbors mock us.

We are an object of scorn and derision to those around us.

You have made us the butt of their jokes;
they shake their heads at us in scorn.

We can't escape the constant humiliation;
shame is written across our faces.

All we hear are the taunts of our mockers.

All we see are our vengeful enemies.

All this has happened though we have not forgotten you.

We have not violated your covenant.

Our hearts have not deserted you.

We have not strayed from your path.

Yet you have crushed us in the jackal's desert home.

You have covered us with darkness and death.

If we had forgotten the name of our God

or spread our hands in prayer to foreign gods,

God would surely have known it,

for he knows the secrets of every heart.

But for your sake we are killed every day;

we are being slaughtered like sheep.

Wake up, O Lord! Why do you sleep?

Get up! Do not reject us forever.

Why do you look the other way?

Why do you ignore our suffering and oppression?

We collapse in the dust,

lying face down in the dirt.

Rise up! Help us!

Ransom us because of your 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.

January 30, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

Prayer is as natural an expression of faith as breathing is of life.
Jonathan Edwards

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning Gospel: Matthew 27:57-66

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 45

For the choir director: A love song to be sung to the tune "Lilies." A psalm of the descendants of Korah.

Beautiful words stir my heart.

I will recite a lovely poem about the king,
for my tongue is like the pen of a skillful poet.

You are the most handsome of all.

Gracious words stream from your lips.

God himself has blessed you forever.

Put on your sword, O mighty warrior!

You are so glorious, so majestic!

In your majesty, ride out to victory,
defending truth, humility, and justice.

Go forth to perform awe-inspiring deeds!

Your arrows are sharp, piercing your enemies hearts.

The nations fall beneath your feet.

Your throne, O God, endures forever and ever.

You rule with a scepter of justice.

You love justice and hate evil.

Therefore God, your God, has anointed you,

pouring out the oil of joy on you more than on anyone else.

Myrrh, aloes, and cassia perfume your robes.

In ivory palaces the music of strings entertains you.

Kings' daughters are among your noble women.

At your right side stands the queen,

wearing jewelry of finest gold from Ophir!

Listen to me, O royal daughter; take to heart what I say.

Forget your people and your family far away.

For your royal husband delights in your beauty;

honor him, for he is your lord.

The princess of Tyre will shower you with gifts.

The wealthy will beg your favor.

The bride, a princess, looks glorious

in her golden gown.

In her beautiful robes, she is led to the king,

accompanied by her bridesmaids.

What a joyful and enthusiastic procession

as they enter the king's palace!

Your sons will become kings like their father.

You will make them rulers over many lands.

I will bring honor to your name in every generation.

Therefore, the nations will praise you forever and ever.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

To be a Christian without prayer is no more possible than to be alive without breathing.
Martin Luther King, Jr.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening Gospel: Matthew 28:1-20

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.

And now, with the words Jesus taught us, we are bold to pray:

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 46

For the choir director: A song of the descendants of Korah, to be sung by soprano voices.

God is our refuge and strength,
always ready to help in times of trouble.
So we will not fear when earthquakes come
and the mountains crumble into the sea.
Let the oceans roar and foam.
Let the mountains tremble as the waters surge!
Interlude

A river brings joy to the city of our God,
the sacred home of the Most High.
God dwells in that city; it cannot be destroyed.
From the very break of day, God will protect it.
The nations are in chaos,
and their kingdoms crumble!
God's voice thunders,
and the earth melts!
The Lord of Heaven's Armies is here among us;
the God of Israel is our fortress.
Interlude

Come, see the glorious works of the Lord:
See how he brings destruction upon the world.

He causes wars to end throughout the earth.
He breaks the bow and snaps the spear;
he burns the shields with fire.

“Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”

The Lord of Heaven’s Armies is here among us;
the God of Israel is our fortress.
Interlude

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.

January 31, 2012

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Morning Short Reading:

Joy is part of the fruit of the Spirit (Gal. 5:22). Often I am inclined to think that joy is the motor, the thing that keeps everything else going. Without joyous celebration to infuse the other Disciplines, we will sooner or later abandon them. Joy produces energy. Joy makes us strong.

Richard Foster, *Celebration of Discipline*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Morning New Testament Reading: Acts 1

The Word of the Lord.

All: Thanks be to God.

And now, with the words Jesus taught us, we are bold to pray:

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 Reading From Isaiah: Is 38:9-20

When King Hezekiah was well again, he wrote this poem:

I said, "In the prime of my life,
must I now enter the place of the dead?
Am I to be robbed of the rest of my years?"
I said, "Never again will I see the Lord God
while still in the land of the living.
Never again will I see my friends
or be with those who live in this world.
My life has been blown away
like a shepherd's tent in a storm.
It has been cut short,

as when a weaver cuts cloth from a loom.
Suddenly, my life was over.
I waited patiently all night,
but I was torn apart as though by lions.
Suddenly, my life was over.
Delirious, I chattered like a swallow or a crane,
and then I moaned like a mourning dove.
My eyes grew tired of looking to heaven for help.
I am in trouble, Lord. Help me!”

But what could I say?
For he himself sent this sickness.
Now I will walk humbly throughout my years
because of this anguish I have felt.
Lord, your discipline is good,
for it leads to life and health.
You restore my health
and allow me to live!
Yes, this anguish was good for me,
for you have rescued me from death
and forgiven all my sins.
For the dead cannot praise you;
they cannot raise their voices in praise.
Those who go down to the grave
can no longer hope in your faithfulness.
Only the living can praise you as I do today.
Each generation tells of your faithfulness to the next.
Think of it—the Lord is ready to heal me!
I will sing his praises with instruments
every day of my life
in the Temple of the Lord.

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 chasing self-fulfillment we'll center our lives on God through a prayerful life.

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening

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

Vow: In a world chasing self-fulfillment we'll center our lives on God through a prayerful life.

Scripture Related to the Vow: Habakkuk 3:17-18

Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

Evening Short Reading:

But already my desire and my will
were being turned like a wheel, all at one speed,
by the Love which moves the sun and the other stars.
Dante, *Paradiso*

Vow Prayer: Creator, Redeemer and Sustainer, the God who knows each hair on our heads, we turn and return to you in prayer. In the midst of a world that strives for self-fulfillment, we trust in your ways, asking you for what we need and loving you in the stranger. Help us to be a God-centered and other-centered people, through Jesus Christ our Lord. Amen.

Evening New Testament Reading: Acts 2

The Word of the Lord.

All: Thanks be to God.

And now, with the words Jesus taught us, we are bold to pray:

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 Reading from Isaiah: Is 40:6-11

A voice said, "Shout!"
I asked, "What should I shout?"

"Shout that people are like the grass.
Their beauty fades as quickly
as the flowers in a field.

The grass withers and the flowers fade
beneath the breath of the Lord.
And so it is with people.

The grass withers and the flowers fade,
but the word of our God stands forever."

O Zion, messenger of good news,
shout from the mountaintops!
Shout it louder, O Jerusalem.
Shout, and do not be afraid.
Tell the towns of Judah,
"Your God is coming!"
Yes, the Sovereign Lord is coming in power.
He will rule with a powerful arm.

See, he brings his reward with him as he comes.
He will feed his flock like a shepherd.
He will carry the lambs in his arms,
holding them close to his heart.
He will gently lead the mother sheep with their young.

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.