

*The* COMPANION  
*to*  
PRAYER

*Behold, I stand at the door and knock.  
If anyone hears my voice and opens the door,  
I will come in to him and eat with him,  
and he with me.*

**Revelation 3:20**

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# INTRODUCTION

*Before they call I will answer;  
while they are yet speaking I will hear.*

Isaiah 65:24

## **Invitation**

We do not assume to know where you have come from in life. We want to welcome all who are desperate and seek help, all who are grieving and long for comfort, all who are ashamed and want to be forgiven, all who are lonely and ache for friendship, all who are unsatisfied and search for a life worth living, and all who will come. The Companion offers a doorway from where you are to who you are called to be.

## **Purpose**

The aim of this guide is simple: to offer a basic instruction in prayer. You can think of it as a little guide for those starting out on the journey in prayer. Nevertheless, we hope even those seasoned in prayer might find some encouragement in what lies ahead.

We want to be clear at the start, this guide cannot manufacture the free and honest communication with God that is at the heart of prayer. Nor does it advance beyond the rich and diverse resources on prayer that have passed down to the church through the ages. We have created something “new” only to the extent that it is organic growth out of our heritage—rooted in the Scriptures, instructed by the church’s historic teaching, encouraged by examples from past, and dependent on the Holy Spirit.

The essential thing for anyone who prays is to come to Jesus. As the Norwegian pastor and theologian O. Hallesby writes in the classic book, simply titled *Prayer*, “It is not our prayer which moves the Lord Jesus. It is Jesus who moves us to pray.” Our hope is this “little guide” will be a kind of doorway to prayer where we come to Jesus.

## **Structure**

Each chapter follows a pattern modeled after an order of worship or liturgy. This is simply a way to organize Biblical content for personal and public engagement. You can think of these prayer liturgies as “hand-holds” to follow as you pray privately or with

others. The liturgies draw from Scripture and chart a path in prayer through adoration, confession, thanksgiving, and supplication. While following this consistent pattern, each liturgy is unique in its theme.

The first liturgy, “Conversing with God,” focuses on God’s initiative in prayer. This is followed by a second liturgy that concentrates on our need for God to teach us to pray. Liturgies 3-9 each dwell on one part of the Lord’s Prayer—divided into a preface and six petitions. The concluding liturgy sends us out into a life of prayer, “Practicing the Presence.”

By praying through each part of the Lord’s Prayer and as a whole—moving through adoration, confession, thanksgiving, and supplication—this guide intends to offer a form of instruction through practice, not just theory.

Each chapter has the following features:

- A liturgy for prayer
- Selected scriptures for further reflection
- Selections from the Reformed creeds and catechisms on prayer
- A historic prayer

## How to Use this Guide

### *Reorientation*

For many, prayer is primarily thought of asking for things. This is certainly a central feature of prayer. There are numerous examples of prayer in Scripture involving people telling God of their desperate need. Our Heavenly Father invites us to ask for what we need. However, prayer also involves listening. And this requires silence, being quiet and still before God.

Silence can feel awkward, inefficient, unproductive. Nevertheless, silence does something that talking cannot. It creates space to listen. It gives a moment for the Word of God to sink deep. It offers time to rest, free of the need to be productive or to achieve. Silence is an act of faith in the reality that God is really *with us*. Sometimes in prayer we simply need to enjoy God’s presence without having to say anything.

### *Personal*

The prayers in this guide are best read slowly, thoughtfully, with long pauses for silence. You should feel free to pause and go beyond what is written to say what is on your heart and mind. You may find keeping a journal alongside this guide helps. Writing can be a way of slowing down and paying more careful attention to what is going in within you and what God is saying through the Word and Spirit.

### *With Others*

This guide can also be used to pray with others. The liturgies present annotations in *italics* to suggest parts to be read aloud, moments for silent prayer, and places to create space for specific prayers to be given. The designations of “Leader” and “People” are there for those who wish to pray aloud in a call and response pattern.

### *Study*

Accompanying each chapter is a study section with key scriptures, historic guidance, and a prayer preserved through the ages. These resources are provided to encourage further reflection and may serve as useful content for a small group studies.

### *Scripture*

The Scriptures are intended to be starting points for meditation. You could consider choosing one Scripture to pray through, to think about, to return to over and over. This may be for a single devotion or extend to several days, *meditating* on Scripture, letting it soak in, and go deep.

### *Historic Guidance*

The Historic Guidance draws from the instruction on prayer that emerged during the 16<sup>th</sup> and 17<sup>th</sup> century, in the movement commonly called “The Reformation.” The instruction is given in the classical form of confessions and catechisms. Though the mode of communication may feel distant to contemporary readers, the guidance given sums up a breadth and depth of Scripture in a way that has proved faithful and enduring. It can be a great relief to realize our forebears in the faith wrestled with some of the same questions we have, depended on the Word of God for their answers, and offered their guidance in a form that has passed on the faith from generation to generation.

### *Historic Prayer*

An ancient prayer is offered, not that we would merely recite or admire those who have prayed before us, but that we would learn from and imitate their faith. A language is learned by listening to and living with native speakers. We believe some of the prayers collected here are in the spirit of our native tongue, conversing freely and honestly with God.

*Extend*

The guide is intended to extend beyond the private, into the public, from the individual to the community. The extent of prayer is as far reaching as the people of God. We hope the prayers in this guide will extend to every corner of everyday life—in the kitchen, at the bedside, in the office, on the field, at the hospital, in foreign lands and at home, among friends, even to enemies, We exist to extend the transforming presence of the kingdom of our Lord Jesus Christ deep to the heart and wide to the world.

O Lord, our Savior, you have warned us that you will require much of those to whom much is given—grant that we whose lot is cast in so goodly a heritage may strive together the more abundantly to extend to others what we so richly enjoy; and as we have entered into the labors of other people, so to labor that in their turn other people may enter into ours, to the fulfillment of your holy will. Amen. *Augustine<sup>1</sup>*

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<sup>1</sup> Prayer of Augustine taken from *Be Thou My Vision* by Jonathan Gibson, 170-171.

# I

## *Conversing with God*

### INVITATION

*Leader* Behold, I stand at the door and knock.

*People* **If anyone hears my voice and opens the door,**  
I will come in to him and eat with him,  
**and he with me.**     *Revelation 3:20*

### ADORATION

*Leader* How precious is your steadfast love, O God!  
The children of mankind take refuge in the  
shadow of your wings.  
They feast on the abundance of your house,  
and you give them drink from the river of your  
delights.  
For with you is the fountain of life;  
in your light do we see light.     *Psalm 36:7-9*

*People*     *Prayers of adoration*

## CONFESSION

*People*        **Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.  
Wash me thoroughly from my iniquity,  
and cleanse me from my sin!        *Psalm 51:1-2***

*Prayers of private confession*

## PSALM

*Leader*        **The Lord is my shepherd; I shall not want.**  
*People*        **He makes me lie down in green pastures.  
He leads me beside still waters.  
He restores my soul.  
He leads me in paths of righteousness  
for his name's sake.  
Even though I walk through the valley of the  
shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
forever.        *Psalm 23***

## SCRIPTURE READING

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

## REFLECTION AND SILENT PRAYER

*A time of silence*

*Leader* For God alone, O my soul, wait in silence,  
for my hope is from him.

*People* He only is my rock and my salvation,  
my fortress; I shall not be shaken. *Psalms 62:5-6*

## THANKSGIVING

*People* *Prayers of gratitude*

## SUPPLICATION

*People* *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader*        And now, as Christ has taught us, we are bold to pray:  
*People*        **Our Father, who art in heaven,  
                  hallowed be thy Name,  
                  thy kingdom come,  
                  thy will be done,  
                  on earth as it is in heaven.  
                  Give us this day our daily bread.  
                  And forgive us our debts,  
                  as we forgive our debtors.  
                  And lead us not into temptation,  
                  but deliver us from evil.  
                  For thine is the kingdom,  
                  and the power, and the glory,  
                  forever. Amen.**

## BLESSING

*Leader*        The grace of the Lord Jesus Christ  
                  and the love of God  
                  and the fellowship of the Holy Spirit  
                  be with you all.     *2 Corinthians 13:14*

# Study

## SCRIPTURE

Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us.      *Psalms 62:8*

Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

*Philippians 4:5-7*

The former priests were many in number, because they were prevented by death from continuing in office, but he holds his priesthood permanently, because he continues forever. Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.

*Hebrews 7:23-25*

## HISTORIC GUIDANCE

*The Heidelberg Catechism, Question 1*

*What is your only comfort in life and in death?*

That I am not my own, but belong—body and soul, in life and in death—to my faithful Savior, Jesus Christ.

He has fully paid for all my sins with his precious blood, and has delivered me from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation.

Because I belong to him, Christ, by his Holy Spirit, also assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him.

*The Heidelberg Catechism, Question 116*

*Why do Christians need to pray?*

Because prayer is the most important part of the thankfulness God requires of us.

And also because God will give his grace and Holy Spirit only to those who continually and with heartfelt longing ask God for these gifts and thank him for them.

*The Heidelberg Catechism, Question 117*

*How does God want us to pray so that he will listen to us?*

First, we must pray from the heart to no other than the one true God, who has revealed himself to us in his Word, asking for everything he has commanded us to ask of him.

Second, we must fully recognize our need and misery, so that we humble ourselves in God's majestic presence.

Third, we must rest on this unshakable foundation: even though we do not deserve it, God will surely listen to our prayer because of Christ our Lord, as he has promised us in his Word.

*The Heidelberg Catechism, Question 118*

*What has God commanded us to ask of him?*

Everything we need, spiritually and physically, as embraced in the prayer Christ our Lord himself taught us.

*The Westminster Confession of Faith, XXI., 3*

Prayer, with thanksgiving, being one special part of religious worship, is by God required of all men: and, that it may be accepted, it is to be made in the name of the Son, by the help of his Spirit, according to his will, with understanding, reverence, humility, fervency, faith, love, and perseverance; and, if vocal, in a known tongue.

*The Westminster Larger Catechism, Question 179*

*Are we to pray unto God only?*

God only being able to search the hearts, hear the requests, pardon the sins, and fulfill the desires of all; and only to be believed in, and worshipped with religious worship; prayer, which is a special part thereof, is to be made by all to him alone, and to none other.

*The Westminster Larger Catechism, Question 180*

*What is it to pray in the name of Christ?*

To pray in the name of Christ is, in obedience to his command, and in confidence on his promises, to ask mercy for his sake; not by bare mentioning of his name, but by drawing our encouragement to pray, and our boldness, strength, and hope of acceptance in prayer, from Christ and his mediation.

*The Westminster Shorter Catechism, Question 98*

*What is prayer?*

Prayer is an offering up of our desires unto God, for things agreeable to his will, in the name of Christ, with confession of our sins, and thankful acknowledgment of his mercies.

## HISTORIC PRAYER

Lord, I seek you with all my heart, with all my strength you have given me. I long to understand that which I believe. You are my only hope; please listen to me. Do not let my weariness lessen my desire to find you, to see your face. You created me in order to find you; you gave me strength to seek you. My strength and my weakness are in your hands: preserve my strength, and help my weakness. Where you have already opened the door, let me come in; where it is shut, open at my knocking. Let me always remember you, love you, meditate upon you, and pray to you, until you restore me to your perfect pattern. *Augustine*

## SOURCES

Prayer of Augustine taken from *The HarperCollins Book of Prayers: A Treasury of Prayer through the Ages* edited by Robert Van De Weyer, 44.

*The Heidelberg Catechism, Questions 1, 116-118* taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 291, 328.

*The Westminster Confession of Faith, XXI.,3*, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 217.

*The Westminster Larger Catechism, Questions 179-180*, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 401.

*The Westminster Shorter Catechism, Question 98, taken from Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 432.

## II

### *Teach Us to Pray*

#### INVITATION

*Leader*      The Spirit helps us in our weakness;  
for we do not know what to pray for as we ought,  
*People*      **but the Spirit himself intercedes for us**  
**with groanings too deep for words.**  
And he who searches hearts  
knows what is the mind of the Spirit,  
**because the Spirit intercedes for the saints**  
**according to the will of God.**      *Romans 8:26-27*

#### ADORATION

*Leader*      Blessed be the God and Father of our Lord Jesus Christ,  
who has blessed us in Christ with every spiritual blessing  
in the heavenly places,  
even as he chose us in him before the foundation of the world,  
that we should be holy and blameless before him.  
In love he predestined us for adoption to himself as sons  
through Jesus Christ,  
according to the purpose of his will,  
to the praise of his glorious grace,  
with which he has blessed us in the Beloved.  
In him we have redemption through his blood,  
the forgiveness of our trespasses,  
according to the riches of his grace,  
which he lavished upon us,  
in all wisdom and insight making known to us the mystery  
of his will,

according to his purpose,  
which he set forth in Christ as a plan for the fullness of time,  
to unite all things in him,  
things in heaven and things on earth.     *Ephesians 1: 3-10*

*People*     *Prayers of adoration*

## CONFESSION

*People*     Merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you  
with our whole heart and mind and strength.  
We have not loved our neighbors as ourselves.  
In your mercy forgive what we have been,  
help us amend what we are,  
and direct what we shall be,  
so that we may delight in your will  
and walk in your ways,  
to the glory of your holy name.  
Through Christ, our Lord. Amen.     *Worship Sourcebook*

*Prayers of private confession*

## PSALM

*Leader*     Nevertheless, I am continually with you;  
                you hold my right hand.

*People*     You guide me with your counsel,  
                and afterward you will receive me to glory.  
Whom have I in heaven but you?

And there is nothing on earth that I desire  
besides you.

**My flesh and my heart may fail,  
but God is the strength of my heart and my  
portion forever.**

For behold, those who are far from you shall  
perish;  
you put an end to everyone who is unfaithful  
to you.

**But for me it is good to be near God;  
I have made the Lord God my refuge,  
that I may tell of all your works.**     *Psalm 73:23-28*

## SCRIPTURE READING

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” And he said to them, “When you pray, say:

“Father, hallowed be your name.  
Your kingdom come.  
Give us each day our daily bread,  
and forgive us our sins,  
for we ourselves forgive everyone who is  
indebted to us.

And lead us not into temptation.”     *Luke 11:1-4*

## REFLECTION AND SILENT PRAYER

*A time of silence*

*Leader*     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 you, to your presence, where we may be still and know that you are God, through Jesus Christ our Lord.

*People*     **Amen.**

## THANKSGIVING

*People Prayers of gratitude*

## SUPPLICATION

*People Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader* And now, as Christ has taught us, we are bold to pray:

*People* **Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
as we forgive our debtors.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever. Amen.**

## BLESSING

*Leader* Now may the God of peace  
who brought again from the dead our Lord Jesus,  
the great shepherd of the sheep,  
by the blood of the eternal covenant,  
equip you with everything good  
that you may do his will,  
working in us that which is pleasing in his sight,  
through Jesus Christ, to whom be glory forever and ever. Amen.  
*Hebrews 13:20-21*

# Study

## SCRIPTURE

Now Moses used to take the tent and pitch it outside the camp, far off from the camp, and he called it the tent of meeting. And everyone who sought the Lord would go out to the tent of meeting, which was outside the camp. Whenever Moses went out to the tent, all the people would rise up, and each would stand at his tent door, and watch Moses until he had gone into the tent. When Moses entered the tent, the pillar of cloud would descend and stand at the entrance of the tent, and the Lord would speak with Moses. And when all the people saw the pillar of cloud standing at the entrance of the tent, all the people would rise up and worship, each at his tent door. Thus the Lord used to speak to Moses face to face, as a man speaks to his friend. When Moses turned again into the camp, his assistant Joshua the son of Nun, a young man, would not depart from the tent. *Exodus 33:7-11*

And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. *Matthew 6:5-6*

I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life. And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. *1 John 5:13-15*

## HISTORIC GUIDANCE

*The Westminster Larger Catechism, Question 181*

*Why are we to pray in the name of Christ?*

The sinfulness of man, and his distance from God by reason thereof, being so great, as that we can have no access into his presence without a mediator; and there being none

in heaven or earth appointed to, or fit for, that glorious work but Christ alone, we are to pray in no other name but his only.

*The Westminster Larger Catechism, Question 182*

*How doth the Spirit help us to pray?*

We not knowing what to pray for as we ought, the Spirit helpeth our infirmities, by enabling us to understand both for whom, and what, and how prayer is to be made; and by working and quickening in our hearts (although not in all persons, nor at all times, in the same measure) those apprehensions, affections, and graces which are requisite for the right performance of that duty.

*The Westminster Larger Catechism, Question 183*

*For whom are we to pray?*

We are to pray for the whole church of Christ upon earth; for magistrates, and ministers; for ourselves, our brethren, yea, our enemies; and for all sorts of men living, or that shall live hereafter; but not for the dead, nor for those that are known to have sinned the sin unto death.

*The Westminster Larger Catechism, Question 184*

*For what things are we to pray?*

We are to pray for all things tending to the glory of God, the welfare of the church, our own or others' good; but not for anything that is unlawful.

*The Westminster Larger Catechism, Question 185*

*How are we to pray?*

We are to pray with an awful apprehension of the majesty of God, and deep sense of our own unworthiness, necessities, and sins; with penitent, thankful, and enlarged hearts; with understanding, faith, sincerity, fervency, love, and perseverance, waiting upon him, with humble submission to his will.

*The Westminster Larger Catechism, Question 186*

*What rule hath God given for our direction in the duty of prayer?*

The whole Word of God is of use to direct us in the duty of prayer; but the special rule of direction is that form of prayer which our Savior Christ taught his disciples, commonly called the Lord's Prayer.

*The Westminster Larger Catechism, Question 187*

*How is the Lord's Prayer to be used?*

The Lord's Prayer is not only for direction, as a pattern, according to which we are to make other prayers; but may also be used as a prayer, so that it be done with understanding, faith, reverence, and other graces necessary to the right performance of the duty of prayer.

*The Westminster Larger Catechism, Question 188*

Of how many parts doth the Lord's Prayer consist?

The Lord's Prayer consists of three parts; a preface, petitions, and a conclusion.

*The Westminster Shorter Catechism, Question 99*

What rule has God given for our direction in Prayer?

The whole Word of God is of use to direct us in prayer; but the special rule of direction is that form of prayer which Christ taught his disciples, commonly called the Lord's Prayer.

## HISTORIC PRAYER

Almighty God, though we see and hear so many testimonies of your glory every day, we can be so blind and shut out all the light by our ingratitude.

Teach us to open our eyes. Yes, open them by your Spirit! Help us to spend time thinking on how many, how great, and how deep are your blessings toward us.

And while you set before us the proof of your eternal divinity, help us to excel in their school of devotion. May we learn to give you all praise, until there is nothing left to do but to glorify you alone. May we all the more grow in our ardent desire to worship you, the more you bend down to us in grace.

May we also devote ourselves to you and grow to care about this one thing: that your glory may remain and shine forth throughout all the world, through Christ our Lord, amen. *John Calvin*

## SOURCES

Prayer of John Calvin taken from *Grace from Heaven: Prayers of the Reformation* edited by Robert Elmer, 13.

*The Westminster Larger Catechism*, Questions 181-188, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 401-403.

*The Westminster Shorter Catechism*, Question 99, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 432.

Prayer of Confession taken from *Worship Sourcebook*, 89-90.

### III

## *Our Father*

#### INVITATION

*Leader* For you did not receive the spirit of slavery  
to fall back into fear,  
but you have received the Spirit of adoption  
as sons,

*People* **by whom we cry, "Abba! Father!"**  
**The Spirit himself bears witness with our spirit**  
**that we are children of God.      *Romans 8:15-16***

#### ADORATION

*Leader* Lord, you have been our dwelling place  
in all generations.  
Before the mountains were brought forth,  
or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.      *Psalms 90:1-2*

*People*      *Prayers of adoration*

#### CONFESSION

*People* **Remember your mercy, O Lord, and your steadfast**  
**love,**  
**for they have been from of old.**  
**Remember not the sins of my youth or my**  
**transgressions;**  
**according to your steadfast love remember me,**  
**for the sake of your goodness, O Lord!      *Psalms 25:6-7***

*Prayers of private confession*

**PSALM**

*Leader*

O LORD, my heart is not lifted up;  
my eyes are not raised too high;  
I do not occupy myself with things  
too great and too marvelous for me.

*People*

**But I have calmed and quieted my soul,  
like a weaned child with its mother;  
like a weaned child is my soul within  
me.**

O Israel, hope in the LORD  
from this time forth and forevermore.      *Psalm 131*

**SCRIPTURE**

And he said to them, “Which of you who has a friend will go to him at midnight and say to him, ‘Friend, lend me three loaves, for a friend of mine has arrived on a journey, and I have nothing to set before him’; and he will answer from within, ‘Do not bother me; the door is now shut, and my children are with me in bed. I cannot get up and give you anything’? I tell you, though he will not get up and give him anything because he is his friend, yet because of his impudence he will rise and give him whatever he needs. And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”      *Luke 11:5-13*

**REFLECTION AND SILENT PRAYER**

*A time of silence*

*Leader* This is my beloved Son with whom I am well pleased;  
*People* listen to him. *Matthew 17:5*

## THANKSGIVING

*People* *Prayers of gratitude*

## SUPPLICATION

*People* *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader* And now, as Christ has taught us, we are bold to pray:

*People* **Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
as we forgive our debtors.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever. Amen.**

## BLESSING

*Leader* Now may our Lord Jesus Christ himself,  
and God our Father,  
who loved us and gave us eternal comfort  
and good hope through grace,  
comfort your hearts and establish them  
in every good work and word. *2 Thessalonians 2:16-17*



# Study

## SCRIPTURE

Look down from heaven and see,  
from your holy and beautiful habitation.

Where are your zeal and your might?

The stirring of your inner parts and your compassion  
are held back from me.

For you are our Father,

though Abraham does not know us,  
and Israel does not acknowledge us;

you, O Lord, are our Father,

our Redeemer from of old is your name.     *Isaiah 63:15-16*

For as high as the heavens are above the earth,

so great is his steadfast love toward those who fear him;

as far as the east is from the west,

so far does he remove our transgressions from us.

As a father shows compassion to his children,

so the LORD shows compassion to those who fear him.     *Psalms 103:11-13*

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in Christ, things in heaven and things on earth in him. In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory. In him you also, when you heard the word of

truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.     *Ephesians 1:3-14*

## HISTORIC GUIDANCE

*The Heidelberg Catechism*, Question 120

Why has Christ commanded us to address God as “our Father”?

To awaken in us at the very beginning of our prayer what should be basic to our prayer—a childlike reverence and trust that through Christ God has become our Father, and will much less refuse to give us what we ask in faith than will our parents refuse us the things of this life.

*The Heidelberg Catechism*, Question 121

Why the words “who is in heaven”?

These words teach us not to think of God’s heavenly majesty in an earthly way, and to expect from his almighty power everything needed for body and soul.

*The Westminster Confession of Faith*, XII. Of Adoption

All those that are justified, God vouchsafeth, in and for his only Son Jesus Christ, to make partakers of the grace of adoption, by which they are taken into the number, and enjoy the liberties and privileges of the children of God, have his name put upon them, receive the Spirit of adoption, have access to the throne of grace with boldness, are enabled to cry, Abba, Father, are pitied, protected, provided for, and chastened by him, as by a father: yet never cast off, but sealed to the day of redemption; and inherit the promises, as heirs of everlasting salvation.

*The Westminster Larger Catechism*, Question 74

What is adoption?

Adoption is an act of the free grace of God, in and for his only Son Jesus Christ, whereby all those that are justified are received into the number of his children, have his name put upon them, the Spirit of his Son given to them, are under his fatherly care and dispensations, admitted to all the liberties and privileges of the sons of God, made heirs of all the promises, and fellow heirs with Christ in glory.

*The Westminster Larger Catechism*, Question 189

What doth the preface of the Lord’s Prayer teach us?

The preface of the Lord's Prayer (contained in these words, *Our Father which art in heaven*) teacheth us, when we pray, to draw near to God with confidence of his fatherly goodness, and our interest therein; with reverence, and all other childlike dispositions, heavenly affections, and due apprehension of his sovereign power, majesty, and gracious condescension: as also, to pray with and for others.

*The Westminster Shorter Catechism*, Question 100

What does the preface of the Lord's Prayer teach us?

The preface of the Lord's Prayer, which is, *Our Father who art in heaven*, teaches us to draw near to God with all holy reverence and confidence, as children to a father able and ready to help us; and that we should pray with and for others.

## HISTORIC PRAYER

As a reconciled Father, take me to be your child; and give me your renewing Spirit, to be in me a principle of holy life, and light, and love, and your seal and witness that I am yours. Let him quicken my dead and hardened heart. Let him enlighten my dark and unbelieving mind, by clearer knowledge and firm belief. Let him turn my will to the ready obedience of your holy will. Let him reveal to my soul the wonders of your love in Christ, and fill it with love to you and my Redeemer, and to your holy Word and works. Amen. *Richard Baxter*

## SOURCES

Prayer of Richard Baxter taken from *Be Thou My Vision* by Jonathan Gibson, 61.

*The Heidelberg Catechism*, Questions 120-121, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 329.

*The Westminster Confession of Faith*, XII, taken *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 204.

*The Westminster Larger Catechism*, Questions 74, 189, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 358, 404.

*The Westminster Shorter Catechism*, Question 100, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 432.

## IV

### *Hallowed Be Thy Name*

#### INVITATION

*Leader* Let the peace of Christ rule in your hearts,  
to which indeed you were called in one body.  
And be thankful.

*People* **Let the word of Christ dwell in you richly,  
teaching and admonishing one another in all wisdom,  
singing psalms and hymns and spiritual songs,  
with thankfulness in your hearts to God.**  
And whatever you do, in word or deed,  
do everything in the name of the Lord Jesus,  
giving thanks to God the Father through him. *Colossians 3:15-17*

#### ADORATION

*Leader* Holy, holy, holy, is the Lord God Almighty,  
who was and is and is to come!  
Worthy are you, our Lord and God,  
to receive glory and honor and power,  
for you created all things,  
and by your will they existed and were created. *Revelation 4:8, 11*

*People* *Prayers of adoration*

#### CONFESSION

*People* **Almighty and everlasting God,  
you hate nothing you have made,  
and you forgive the sins of all who are penitent:  
Create and make in us new and contrite hearts,  
that we, worthily lamenting our sins**

and acknowledging our wretchedness,  
may obtain of you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ our Lord;  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. Amen.

*Prayers of private confession*

## PSALM

*Leader*

I will extol you, my God and King,  
and bless your name forever and ever.

*People*

**Every day I will bless you  
and praise your name forever and ever.**

Great is the LORD, and greatly to be praised,  
and his greatness is unsearchable.

**One generation shall commend your works to another,  
and shall declare your mighty acts.**

On the glorious splendor of your majesty,  
and on your wondrous works, I will meditate.

**They shall speak of the might of your awesome deeds,  
and I will declare your greatness.**

They shall pour forth the fame of your abundant goodness  
and shall sing aloud of your righteousness.

**The LORD is gracious and merciful,  
slow to anger and abounding in steadfast love.**

The LORD is good to all,  
and his mercy is over all that he has made.

**All your works shall give thanks to you, O LORD,  
and all your saints shall bless you!**

They shall speak of the glory of your kingdom  
and tell of your power,

**to make known to the children of man your mighty deeds,  
and the glorious splendor of your kingdom.**

Your kingdom is an everlasting kingdom,  
and your dominion endures throughout all generations.

[The LORD is faithful in all his words  
and kind in all his works.]  
**The LORD upholds all who are falling  
and raises up all who are bowed down.**  
The eyes of all look to you,  
and you give them their food in due season.  
**You open your hand;  
you satisfy the desire of every living thing.**  
The LORD is righteous in all his ways  
and kind in all his works.  
**The LORD is near to all who call on him,  
to all who call on him in truth.**  
He fulfills the desire of those who fear him;  
he also hears their cry and saves them.  
**The LORD preserves all who love him,  
but all the wicked he will destroy.**  
My mouth will speak the praise of the LORD,  
and let all flesh bless his holy name forever and ever.     *Psalm 145*

## SCRIPTURE

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.     *Ephesians 3:14-21*

## REFLECTION AND SILENT PRAYER

*A time of silence*

*Leader* Behold, I am the servant of the Lord;  
*People* let it be to me according to your word. *Luke 1:38*

## THANKSGIVING

*People* *Prayers of gratitude*

## SUPPLICATION

*People* *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader* And now, as Christ has taught us, we are bold to pray:  
*People* Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
as we forgive our debtors.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever. Amen.

## BLESSING

*Leader* May God be gracious to us and bless us

and make his face to shine upon us,  
that your way may be known on earth,  
your saving power among all nations. *Psalm 67:1-2*

# Study

## SCRIPTURE

For from the rising of the sun to its setting my name will be great among the nations, and in every place incense will be offered to my name, and a pure offering. For my name will be great among the nations, says the LORD of hosts. *Malachi 1:11*

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. *1 Timothy 2:1-2*

And I heard a loud voice in heaven, saying, “Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God. And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death. *Revelation 12:10-11*

## HISTORIC GUIDANCE

*The Heidelberg Catechism*, Question 122

What does the first petition mean?

“Hallowed by your name” means: Help us to truly know you, to honor, glorify, and praise you for all your works and for all that shines forth from them: your almighty power, wisdom, kindness, justice, mercy, and truth.

And it means: Help us to direct all our living—what we think, say, and do—so that your name will never be blasphemed because of us but always honored and praised.

*The Westminster Larger Catechism*, Question 54

How is Christ exalted in his sitting at the right hand of God?

Christ is exalted in his sitting at the right hand of God, in that as God-man he is advanced to the highest favor with God the Father, with all fullness of joy, glory, and power over all things in heaven and earth; and doth gather and defend his church, and subdue their enemies; furnisheth his ministers and people with gifts and graces, and make intercession for them.

*The Westminster Larger Catechism, Question 190*

What do we pray for in the first petition?

In the first petition (which is, *Hallowed be thy name*), acknowledging the utter inability and indisposition that is in ourselves and all men to honor God aright, we pray, that God would by his grace enable and incline us and others to know, to acknowledge, and highly esteem him, his titles, attributes, ordinances, Word, works, and whatsoever he is pleased to make himself known by, and to glorify him in thought, word, and deed: that he would prevent and remove atheism, ignorance, idolatry, profaneness, and whatsoever is dishonorable to him; and, by his overruling providence, direct and dispose of all things to his own glory.

*The Westminster Shorter Catechism, Question 1*

What is the chief end of man?

Man's chief end is to glorify God, and to enjoy him forever.

*The Westminster Shorter Catechism, Question 101*

What do we pray for in the first petition?

In the first petition, which is, *Hallowed be thy name*, we pray that God would enable us, and others, to glorify him in all that whereby he maketh himself known; and that he would dispose all things to his own glory.

## **HISTORIC PRAYER**

Almighty God, you are the foundation and fountain of all being and all beauty, from you all is perfectly derived, upon you all is most absolutely and perfectly dependent; from you and through you and to you is all being and all perfection; your being and beauty is as it were the sum and comprehension of all existence and excellence, much more than the sun is the fountain and summary comprehension of all light and brightness of the day—to you, O God, be all praise and glory and wisdom and thanks and honor and power and strength forever and ever. Amen. *Jonathan Edwards*

## **SOURCES**

Prayer of confession taken from *To Be a Christian: An Anglican Catechism*, 116.

Prayer of Jonathan Edwards taken from *Be Thou My Vision* by Johnathan Gibson, 93.

*The Heidelberg Catechism*, Question 122, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 330.

*The Westminster Larger Catechism*, Questions 54 and 190, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 352, 404.

*The Westminster Shorter Catechism*, Question 1, 101, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 411, 433.

# V

## *Thy Kingdom Come*

### INVITATION

*Leader* But seek first the kingdom of God and his righteousness,  
and all these things will be added to you.

*People* **Therefore do not be anxious about tomorrow,  
for tomorrow will be anxious for itself.**

Sufficient for the day is its own trouble. *Matthew 6:33-34*

### ADORATION

*Leader* Praise the Lord!  
I will give thanks to the LORD with my whole heart,  
in the company of the upright, in the congregation.  
Great are the works of the LORD,  
studied by all who delight in them.

Full of splendor and majesty is his work,  
and his righteousness endures forever. *Psalms 111:1-3*

*People* *Prayers of adoration*

### CONFESSION

*People* **Out of the depths I cry to you, O LORD!  
O Lord, hear my voice!**

**Let your ears be attentive  
to the voice of my pleas for mercy!**

**If you, O LORD, should mark iniquities,  
O Lord, who could stand?**

**But with you there is forgiveness,  
that you may be feared. *Psalms 130:1-4***

*Prayers of private confession*

**PSALM**

*Leader*

The LORD says to my Lord:

“Sit at my right hand,  
until I make your enemies your footstool.”

*People*

**The LORD sends forth from Zion  
your mighty scepter.**

**Rule in the midst of your enemies!**  
Your people will offer themselves freely  
on the day of your power,  
in holy garments;  
from the womb of the morning,  
the dew of your youth will be yours.

**The LORD has sworn  
and will not change his mind,  
“You are a priest forever  
after the order of Melchizedek.”**

The Lord is at your right hand;  
he will shatter kings on the day of his wrath.

**He will execute judgment among the nations,  
filling them with corpses;  
he will shatter chiefs  
over the wide earth.**

He will drink from the brook by the way;  
therefore he will lift up his head.     *Psalms 110*

**SCRIPTURE**

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to his glorious might, for all endurance and patience with joy; giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of

darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. *Colossians 1:9-14*

## REFLECTION AND SILENT PRAYER

*A time of silence*

*Leader* I still have many things to say to you,  
But you cannot bear them now

*People* **When the Spirit of truth comes,  
he will guide you into all the truth,  
for he will not speak on his own authority,  
but whatever he hears he will speak,  
and he will declare to you the things  
that are to come. *John 16:12-13***

## THANKSGIVING

*People* *Prayers of gratitude*

## SUPPLICATION

*People* *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader* And now, as Christ has taught us, we are bold to pray:

*People* **Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
as we forgive our debtors.  
And lead us not into temptation,**

but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever. Amen.

## BLESSING

*Leader* The God of peace will soon crush Satan under your feet.  
The grace of our Lord Jesus Christ be with you. *Romans 16:20*

## *Study*

### **SCRIPTURE**

I saw in the night visions,  
and behold, with the clouds of heaven  
there came one like a son of man,  
and he came to the Ancient of Days  
and was presented before him.  
And to him was given dominion  
and glory and a kingdom,  
that all peoples, nations, and languages  
should serve him;  
his dominion is an everlasting dominion,  
which shall not pass away,  
and his kingdom one  
that shall not be destroyed.     *Daniel 7:13-14*

“But concerning that day or that hour, no one knows, not even the angels in heaven, nor the Son, but only the Father. Be on guard, keep awake. For you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his servants<sup>Ⓜ</sup> in charge, each with his work, and commands the doorkeeper to stay awake. Therefore stay awake—for you do not know when the master of the house will come, in the evening, or at midnight, or when the rooster crows,<sup>Ⓜ</sup> or in the morning—lest he come suddenly and find you asleep. And what I say to you I say to all: Stay awake.”     *Mark 13:32-37*

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no

more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

And he who was seated on the throne said, “Behold, I am making all things new.” Also he said, “Write this down, for these words are trustworthy and true.” And he said to me, “It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment. The one who conquers will have this heritage, and I will be his God and he will be my son. But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulfur, which is the second death.” *Revelation 21:1-8*

## HISTORIC GUIDANCE

*The Heidelberg Catechism*, Question 123

What does the second petition mean?

“Your kingdom come” means: Rule us by your Word and Spirit in such a way that more and more we submit to you. Preserve and increase your church. Destroy the devil’s work; destroy every force which revolts against you and every conspiracy against your holy Word.

Do all this until your kingdom fully comes, when you will be all in all.

*The Westminster Larger Catechism*, Question 191

What do we pray for in the second petition?

In the second petition (which is, *Thy kingdom come*), acknowledging ourselves and all mankind to be by nature under the dominion of sin and Satan, we pray, that the kingdom of sin and Satan may be destroyed, the gospel propagated throughout the world, the Jews called, the fullness of the Gentiles brought in; the church furnished with all gospel officers and ordinances, purged from corruption, countenanced and maintained by the civil magistrate: that the ordinances of Christ may be purely dispensed, and made effectual to the converting of those that are yet in their sins, and the confirming, comforting, and building up of those that are already converted: that Christ would rule in our hearts here, and hasten the time of his second coming, and our reigning with him forever: and that he would be pleased so to exercise the kingdom of his power in all the world, as may best conduce to these ends.

*The Westminster Shorter Catechism*, Question 102

What do we pray for in the second petition?

In the second petition, which is, *Thy kingdom come*, we pray that Satan's kingdom may be destroyed; and that the kingdom of grace may be advanced, ourselves and others brought into it, and kept in it; and that the kingdom of glory may be hastened.

## HISTORIC PRAYER

O Lord, come quickly and reign on your throne, for now often something rises up within me, and tries to take possession of your throne: pride, covetousness, uncleanness and sloth want to be my kings, and then evil-speaking, anger, hatred, and the whole train of vices join with me in warring against myself, and try to reign over me. I resist them; I cry out against myself, and try to reign over me. I resist them; I cry out against them, and say, "I have no other king than Christ." O King of peace, come and reign in me, for I will have no king but you! Amen.     *Bernard of Clairvaux*

## SOURCES

Prayer of Bernard of Clairvaux taken from *Be Though My Vision* Jonathan Gibson, 124-125.

*The Heidelberg Catechism*, Question 123, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 330.

*The Westminster Larger Catechism*, Questions 191, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 404-405.

*The Westminster Shorter Catechism*, Question 102, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 433.

# VI

## *Thy Will be Done*

### INVITATION

*Leader*      Teach me to do your will,  
                  for you are my God!

*People*      **Let your good Spirit lead me**  
                  **on level ground!**      *Psalm 143:10*

### ADORATION

*Leader*      Make a joyful noise to the LORD, all the earth!  
                  Serve the LORD with gladness!  
                  Come into his presence with singing!  
                  Know that the LORD, he is God!  
                  It is he who made us, and we are his;  
                  we are his people, and the sheep of his pasture.  
                  Enter his gates with thanksgiving,  
                  and his courts with praise!  
                  Give thanks to him; bless his name!  
                  For the LORD is good;  
                  his steadfast love endures forever,  
                  and his faithfulness to all generations.      *Psalm 100*

*People*      *Prayers of adoration*

### CONFESSION

*People*      **Have mercy on me, O God,**  
                  **according to your steadfast love;**

according to your abundant mercy  
blot out my transgressions.  
Wash me thoroughly from my iniquity,  
and cleanse me from my sin! *Psalm 51:1-2*

*Prayers of private confession*

## PSALM

*Leader*

The heavens declare the glory of God,  
and the sky above proclaims his handiwork.

*People*

**Day to day pours out speech,  
and night to night reveals knowledge.**

There is no speech, nor are there words,  
whose voice is not heard.

**Their voice goes out through all the earth,  
and their words to the end of the world.**

**In them he has set a tent for the sun,**  
which comes out like a bridegroom leaving his chamber,  
and, like a strong man, runs its course with joy.

**Its rising is from the end of the heavens,  
and its circuit to the end of them,  
and there is nothing hidden from its heat.**

The law of the LORD is perfect,  
reviving the soul;

the testimony of the LORD is sure,  
making wise the simple;

**the precepts of the LORD are right,  
rejoicing the heart;**

**the commandment of the LORD is pure,  
enlightening the eyes;**

the fear of the LORD is clean,  
enduring forever;

the rules of the LORD are true,  
and righteous altogether.

**More to be desired are they than gold,  
even much fine gold;  
sweeter also than honey**

**and drippings of the honeycomb.**

Moreover, by them is your servant warned;  
in keeping them there is great reward.

**Who can discern his errors?**

**Declare me innocent from hidden faults.**

Keep back your servant also from presumptuous sins;  
let them not have dominion over me!

Then I shall be blameless,  
and innocent of great transgression.

**Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,**

**O LORD, my rock and my redeemer.     *Psalm 19***

## SCRIPTURE

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

*Luke 22:39-46*

## REFLECTION AND SILENT PRAYER

*A time of silence*

Leader     For God alone, O my soul, wait in silence,  
for my hope is from him.

*People*     **He only is my rock and my salvation,  
my fortress; I shall not be shaken.     *Psalm 62:5-6***

## THANKSGIVING

*People*      *Prayers of gratitude*

## SUPPLICATION

*People*      *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader*      And now, as Christ has taught us, we are bold to pray:

*People*      **Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
    on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
    as we forgive our debtors.  
And lead us not into temptation,  
    but deliver us from evil.  
For thine is the kingdom,  
    and the power, and the glory,  
forever. Amen.**

## BLESSING

*Leader*      Now may the God of peace himself  
sanctify you completely,  
and may your whole spirit and soul and body  
be kept blameless at the coming  
our Lord Jesus Christ.      *1 Thessalonians 5:23*

# Study

## SCRIPTURE

He has told you, O man, what is good;  
and what does the LORD require of you  
but to do justice, and to love kindness,  
and to walk humbly with your God?      *Micah 6:8*

Teach me, O LORD, the way of your statutes;  
and I will keep it to the end.  
Give me understanding, that I may keep your law  
and observe it with my whole heart.

Lead me in the path of your commandments,  
for I delight in it.

Incline my heart to your testimonies,  
and not to selfish gain!

Turn my eyes from looking at worthless things;  
and give me life in your ways.

Confirm to your servant your promise,  
that you may be feared.

Turn away the reproach that I dread,  
for your rules are good.

Behold, I long for your precepts;  
in your righteousness give me life!      *Psalms 119:33-40*

“I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me, he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By

this my Father is glorified, that you bear much fruit and so prove to be my disciples. As the Father has loved me, so have I loved you. Abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full.

“This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. These things I command you, so that you will love one another.     *John 15:1-17*

## HISTORIC GUIDANCE

*The Heidelberg Catechism*, Question 124

“Your will be done on earth as it is in heaven” means: Help us and all people to renounce our own wills and without any back talk to obey your will, for it alone is good.

Help everyone carry out his office and calling, as willingly and faithfully as the angels in heaven.

*The Westminster Larger Catechism*, Question 192

What do we pray for in the third petition?

In the third petition (which is, *Thy will be done in earth, as it is in heaven*), acknowledging, that by nature we and all men are not only utterly unable and unwilling to know and do the will of God, but prone to rebel against his Word, to repine and murmur against his providence, and wholly inclined to do the will of the flesh, and of the devil: we pray, that God would by his Spirit take away from ourselves and others all blindness, weakness, indisposedness, and perverseness of heart; and by his grace make us able and willing to know, do, and submit to his will in all things, with the like humility, cheerfulness, faithfulness, diligence, zeal, sincerity, and constancy, as the angels do in heaven.

*The Westminster Shorter Catechism*, Question 103

What do we pray for in the third petition?

In the third petition, which is, *Thy will be done in earth, as it is in heaven*, we pray that God, by his grace, would make us able and willing to know, obey, and submit to his will in all things, as the angels do in heaven.

## HISTORIC PRAYER

O Lord, if this is the hour you have set for me, your will be done. Only please do not rebuke me in your anger!

Lord, my dearest God, you know how willingly I would have shed my blood for your word, but perhaps I am not worthy. Your will be done. If it be your will that I die, may your name be glorified by life or death. If it had been possible I would have wished to live longer for the sake of the believers, Lord, for the sake of your elect, but if the hour is come, you are the Lord of life and death.

My dearest God, you have led me into this business. You know my life is all about your truth and your word. Do not let our enemies be glorified, but glorify your holy name against the enemies of your most holy word.

Lord Jesus, you have given me the knowledge of your name. You know I believe that you are true God and our true mediator and savior. Be present with your Spirit in this hour.

Up to now, Lord, you have wonderfully kept me. Keep me still, if it is your will. My dearest God, you are always a God of sinners and those who are miserable. Help me! Lord Jesus, you said to ask and you will receive, seek and you will find, knock and it will be opened unto you. Open now to the one who knocks!

Dearest God and Father, you have given me many thousand precious gifts above what you have given others.

I would have liked still to be used for the honor of your name and the good of your people. But your will be done, that you may be glorified by life or death. Amen.

*Martin Luther*

## SOURCES

*The Heidelberg Catechism*, Question 124, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 331.

Prayer of Martin Luther taken from *Grace From Heaven: Prayers of the Reformation* by Robert Elmer, 82.

*The Westminster Larger Catechism*, Questions 192, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 405.

*The Westminster Shorter Catechism*, Question 103, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 433.

## VII

### *Give Us*

#### INVITATION

*Leader* Jesus said to them, "I am the bread of life;  
Whoever comes to me shall not hunger,  
*People* **and whoever believes in me shall never thirst.** *John 6:35*

#### ADORATION

*Leader* O Lord, our Lord,  
how majestic is your name in all the earth!  
You have set your glory above the heavens.  
Out of the mouth of babies and infants,  
you have established strength because of your foes,  
to still the enemy and the avenger.  
When I look at your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,  
what is man that you are mindful of him,  
and the son of man that you care for him?  
Yet you have made him a little lower than the heavenly beings  
and crowned him with glory and honor.  
You have given him dominion over the works of your hands;  
you have put all things under his feet,  
all sheep and oxen,  
and also the beasts of the field,  
the birds of the heavens, and the fish of the sea,  
whatever passes along the paths of the seas.  
O LORD, our Lord,  
how majestic is your name in all the earth! *Psalm 8*

*People* *Prayers of adoration*

## CONFESSION

*People*      Merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you  
with our whole heart and mind and strength.  
We have not loved our neighbors as ourselves.  
In your mercy forgive what we have been,  
help us amend what we are,  
and direct what we shall be,  
so that we may delight in your will  
and walk in your ways,  
to the glory of your holy name.  
Through Christ, our Lord. Amen.      *Worship Sourcebook*

*Prayers of private confession*

## PSALM

*Leader*      Bless the Lord, O my soul!  
                  O Lord my God, you are very great!  
You are clothed with splendor and majesty,  
*People*            **covering yourself with light as with a garment,**  
                  **stretching out the heavens like a tent.**  
He lays the beams of his chambers on the waters;  
He makes the clouds his chariot;  
                  he rides on the wings of the wind;  
**he makes his messengers winds,**  
                  **his ministers a flaming fire.**  
He set the earth on its foundations,  
                  so that it should never be moved.  
**You covered it with the deep as with a garment;**  
                  **the waters stood above the mountains.**  
At your rebuke they fled;

at the sound of your thunder they took to flight.  
**The mountains rose, the valleys sank down  
to the place that you appointed for them.**  
You set a boundary that they may not pass,  
so that they might not again cover the earth.  
**You make springs gush forth in the valleys;  
they flow between the hills;**  
they give drink to every beast of the field;  
the wild donkeys quench their thirst.  
**Beside them the birds of the heavens dwell;  
they sing among the branches.**  
From your lofty abode you water the mountains;  
the earth is satisfied with the fruit of your work.  
**You cause the grass to grow for the livestock  
and plants for man to cultivate,  
that he may bring forth food from the earth  
and wine to gladden the heart of man,  
oil to make his face shine  
and bread to strengthen man's heart.**  
**The trees of the Lord are watered abundantly,  
the cedars of Lebanon that he planted.**  
In them the birds build their nests;  
the stork has her home in the fir trees.  
**The high mountains are for the wild goats;  
the rocks are a refuge for the rock badgers.**  
He made the moon to mark the seasons;  
the sun knows its time for setting.  
**You make darkness, and it is night,  
when all the beasts of the forest creep about.**  
The young lions roar for their prey,  
seeking their food from God.  
**When the sun rises, they steal away  
and lie down in their dens.**  
Man goes out to his work  
and to his labor until the evening.  
**O Lord, how manifold are your works!  
In wisdom have you made them all;  
the earth is full of your creatures.**

Here is the sea, great and wide,  
which teems with creatures innumerable,  
living things both small and great.  
**There go the ships,  
and Leviathan, which you formed to play in it.**  
These all look to you,  
to give them their food in due season.  
**When you give it to them, they gather it up;  
when you open your hand, they are filled with good things.**  
When you hide your face, they are dismayed;  
when you take away their breath, they die  
and return to their dust.  
**When you send forth your Spirit, they are created,  
and you renew the face of the ground.**  
May the glory of the Lord endure forever;  
may the Lord rejoice in his works,  
**who looks on the earth and it trembles,  
who touches the mountains and they smoke!**  
I will sing to the Lord as long as I live;  
I will sing praise to my God while I have being.  
**May my meditation be pleasing to him,  
for I rejoice in the Lord.**  
Let sinners be consumed from the earth,  
and let the wicked be no more!  
Bless the Lord, O my soul!  
Praise the Lord! *Psalm 104*

## SCRIPTURE

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

which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

*Matthew 6:25-34*

## REFLECTION AND SILENT PRAYER

*A time of silence*

*Leader* 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 you, to your presence, where we may be still and know that you are God, through Jesus Christ our Lord.

*People* Amen.

## THANKSGIVING

*People* *Prayers of gratitude*

## SUPPLICATION

*People* *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader* And now, as Christ has taught us, we are bold to pray:

*People* Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,

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

## BLESSING

*Leader* May the God of hope fill you with all joy  
and peace in believing, so that  
by the power of the Holy Spirit  
you may abound in hope. *Romans 15:13*

# Study

## SCRIPTURE

Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

So God created man in his own image,  
in the image of God he created him;  
male and female he created them.

And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day. *Genesis 1:26-31*

Two things I ask of you;  
deny them not to me before I die:  
Remove far from me falsehood and lying;  
give me neither poverty nor riches;  
feed me with the food that is needful for me,  
lest I be full and deny you  
and say, “Who is the Lord?”  
or lest I be poor and steal  
and profane the name of my God. *Proverbs 30:7-9*

For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your

hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And he put all things under his feet and gave him as head over all things to the church, which is his body, the fullness of him who fills all in all.

*Ephesians 1:15-23*

## HISTORIC GUIDANCE

*The Heidelberg Catechism, Question 26*

What do you believe when you say, “I believe in God, the Father Almighty, Creator of heaven and earth?”

That the eternal Father of our Lord Jesus Christ, who out of nothing created heaven and earth and everything in them, who still upholds and rules them by his eternal counsel and providence, is my God and Father for the sake of Christ his Son.

I trust God so much that I do not doubt he will provide whatever I need for body and soul, and will turn to my good whatever adversity he sends upon me in this vale of tears.

He is able to do this because he is almighty God; he desires to do this because he is a faithful Father.

*The Heidelberg Catechism, Question 27*

What do you understand by the providence of God?

Providence is the almighty and ever-present power of God by which God upholds, as with his hand, heaven and earth and all creatures, and so rules them that leaf and blade, rain and drought, fruitful and lean years, food and drink, health and sickness, prosperity and poverty—all things, in fact, come to us not by chance but by his fatherly hand.

*The Heidelberg Catechism, Question 28*

How does the knowledge of God’s creation and providence help us?

We can be patient in adversity, thankful in prosperity, and for the future we can have good confidence in our faithful God and Father that no creature will separate us from his love. For all creatures are so completely in his hand that without his will they can neither move nor be moved.

*The Heidelberg Catechism, Question 125*

What does the fourth petition mean?

“Give us this day our daily bread” means: Provide for all our physical needs so that we may recognize that you are the only source of everything good, and that neither our care and work nor your gifts can do us any good without your blessing. Therefore may we withdraw our trust from all creatures and place it in you alone.

*The Westminster Larger Catechism, Question 193*

What do we pray for in the fourth petition?

In the fourth petition (which is, *Give us this day our daily bread*), acknowledging, that in Adam, and by our own sin, we have forfeited our right to all the outward blessings of this life, and deserve to be wholly deprived of them by God, and to have them cursed to us in the use of them, and that neither they of themselves are able to sustain us, nor we to merit, or by our own industry to procure them; but prone to desire, get, and use them unlawfully: we pray for ourselves and others, that both they and we, waiting upon the providence of God from day to day in the use of lawful means, may, of his free gift, and as to his fatherly wisdom shall seem best, enjoy a competent portion of them; and have the same continued and blessed unto us in our holy and comfortable use of them, and contentment in them; and be kept from all things that are contrary to our temporal support and comfort.

*The Westminster Shorter Catechism, Question 104*

What do we pray for in the fourth petition?

In the fourth petition, which is, *Give us this day our daily bread*, we pray that of God’s free gift we may receive a competent portion of the good things of this life, and enjoy his blessing with them.

## **HISTORIC PRAYER**

O Lord, we desire to adore your name, which is excellent in all the earth, and whose glory is above the heavens. You are the maker and disposer of all things; and for your sovereign pleasure it is that they still exist, and were at first created. Your hands have made and fashioned us; and all that we enjoy comes from you. As we are the workmanship of your power, O make us likewise your spiritual workmanship, created anew in Christ Jesus, unto holiness and true righteousness. Give proof that you have formed us for yourself, by causing us to show forth your praise, and by making us to live to glory, as we do every day live upon your bounty. Amen.      *Augustus Toplady*

## SOURCES

Prayer of Augustus Toplady taken from *Be Thou My Vision* by Jonathan Gibson, 179.

*The Heidelberg Catechism*, Question 26-28, 125 taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 298-299, 331.

*The Westminster Larger Catechism*, Questions 193, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 406.

*The Westminster Shorter Catechism*, Question 104, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 433.

Prayer of confession taken from *Worship Sourcebook*, 89-90.

## VIII

### *Forgive Us*

#### *Invitation*

*Leader*    Comfort, comfort my people, says your God.  
*People*     **Speak tenderly to Jerusalem,  
and cry to her  
that her warfare is ended,  
that her iniquity is pardoned,  
that she has received from the Lord's hand  
double for all her sins. *Isaiah 40:1-2***

#### *Adoration*

*Leader*    Blessed is the one whose transgression is forgiven,  
              whose sin is covered.  
Blessed is the man against whom the Lord counts no  
              iniquity,  
              and in whose spirit there is no deceit.  
For when I kept silent, my bones wasted away  
              through my groaning all day long.  
For day and night your hand was heavy upon me;  
              my strength was dried up as by the heat of summer.  
I acknowledged my sin to you,  
              and I did not cover my iniquity;  
I said, "I will confess my transgressions to the Lord,"  
              and you forgave the iniquity of my sin.  
Therefore let everyone who is godly  
              offer prayer to you at a time when you may be found;  
surely in the rush of great waters,  
              they shall not reach him.  
You are a hiding place for me;  
              you preserve me from trouble;

you surround me with shouts of deliverance.  
I will instruct you and teach you in the way you should go;  
I will counsel you with my eye upon you.  
Be not like a horse or a mule, without understanding,  
which must be curbed with bit and bridle,  
or it will not stay near you.  
Many are the sorrows of the wicked,  
but steadfast love surrounds the one who trust in the Lord.  
Be glad in the Lord, and rejoice, O righteous,  
And shout for joy, all you upright in heart! *Psalm 32*

*People Prayers of adoration*

## CONFESSION

*People* Remember your mercy, O Lord, and your steadfast  
love,  
for they have been from of old.  
Remember not the sins of my youth or my  
transgressions;  
according to your steadfast love remember me,  
for the sake of your goodness, O Lord! *Psalm 25:6-7*

*Prayers of private confession*

## PSALM

*Leader* Bless the LORD, O my soul,  
and all that is within me,  
bless his holy name!

*People* Bless the LORD, O my soul,  
and forget not all his benefits,  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the pit,  
who crowns you with steadfast love and mercy,

who satisfies you with good  
so that your youth is renewed like the eagle's.  
**The LORD works righteousness  
and justice for all who are oppressed.**  
He made known his ways to Moses,  
his acts to the people of Israel.  
**The LORD is merciful and gracious,  
slow to anger and abounding in steadfast love.**  
He will not always chide,  
nor will he keep his anger forever.  
**He does not deal with us according to our sins,  
nor repay us according to our iniquities.**  
For as high as the heavens are above the earth,  
so great is his steadfast love toward those who fear him;  
**as far as the east is from the west,  
so far does he remove our transgressions from us.**  
As a father shows compassion to his children,  
so the LORD shows compassion to those who fear him.  
**For he knows our frame;  
he remembers that we are dust.**  
As for man, his days are like grass;  
he flourishes like a flower of the field;  
**for the wind passes over it, and it is gone,  
and its place knows it no more.**  
But the steadfast love of the LORD is from  
everlasting to everlasting on those who fear him,  
and his righteousness to children's children,  
**to those who keep his covenant  
and remember to do his commandments.**  
The LORD has established his throne in the heavens,  
and his kingdom rules over all.  
**Bless the LORD, O you his angels,  
you mighty ones who do his word,  
obeying the voice of his word!**  
Bless the LORD, all his hosts,  
his ministers, who do his will!  
**Bless the LORD, all his works,**

**in all places of his dominion.**  
**Bless the LORD, O my soul!**     *Psalm 103*

## SCRIPTURE

This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us.     *1John 1:5-10*

## REFLECTION AND SILENT PRAYER

*A time of silence*

*Leader*     This is my beloved Son with whom I am well pleased;  
*People*     **listen to him.**     *Matthew 17:5*

## THANKSGIVING

*People*     *Prayers of gratitude*

## SUPPLICATION

*People*     *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader*     And now, as Christ has taught us, we are bold to pray:  
*People*     **Our Father, who art in heaven,**  
              **hallowed be thy Name,**  
              **thy kingdom come,**

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

## BLESSING

*Leader* May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Therefore welcome one another as Christ has welcomed you, for the glory of God. *Romans 15:5-7*

# Study

## SCRIPTURE

For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. And no longer shall each one teach his neighbor and each his brother, saying, “Know the Lord,” for they shall all know me, from the least of them to the greatest, declares the Lord. For I will forgive their iniquity, and I will remember their sin no more.     *Jeremiah 31:33-34*

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.     *Ephesians 4:31-32 (See also Colossians 3:12-13)*

What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, to spend it on your passions. You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. Or do you suppose it is to no purpose that the Scripture says, “He yearns jealously over the spirit that he has made to dwell in us”? But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you     *James 4:1-10*

## HISTORIC GUIDANCE

*The Heidelberg Catechism, Question 126*

*What does the fifth petition mean?*

“Forgive us our debts as we forgive our debtors” means: Because of Christ’s blood, do not impute to us, poor sinners that we are, any of the transgressions we do or the evil that constantly clings to us.

*The Westminster Larger Catechism, Question 194*

*What do we pray for in the fifth petition?*

In the fifth petition (which is, *Forgive us our debts, as we forgive our debtors*), acknowledging, that we and all others are guilty both of original and actual sin, and thereby become debtors to the justice of God; and that neither we, nor any other creature, can make the least satisfaction for that debt: we pray for ourselves and others, that god of his free grace would, through the obedience and satisfaction of Christ, apprehended and applied by faith, acquit us both from the guilt and punishment of sin, accept us in his Beloved; continue his favor and grace to us, pardon our daily failings, and fill us with peace and joy, in giving us daily more and more assurance of forgiveness; which we are the rather emboldened to ask, and encouraged to expect, when we have this testimony in ourselves, that we from the heart forgive others their offenses.

## HISTORIC PRAYER

O Lord my God, light of the blind, and strength of the weak; yes, also light of those that see, and strength of the strong—hearken unto my soul, and hear it crying out of the depths. Woe is me! . . . Lord, help us to turn and seek you; for not as we have forsaken our Creator have you forsaken your creation. Let us turn and seek you, for we know you are here in our heart, when we confess to you, when we cast ourselves upon you, and weep in your bosom, after all our rugged ways; and you gently wipe away our tears, and we weep the more for joy; because you, Lord—not man of flesh and blood—but you, Lord, who made us, remake and comfort us. Amen.      *Augustine*

## SOURCES

Prayer of Augustine taken from *Be Thou My Vision* by Jonathan Gibson, 102.

The Heidelberg Catechism, Question 126, taken from *Creeds, Confessions, & Catechisms: A Reader’s Edition* edited by Chad Van Dixon, 331-332.

*The Westminster Larger Catechism*, Question 194, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 406-407.

*The Westminster Shorter Catechism*, Question 105, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 434.

# IX

## *Desiver Us*

### INVITATION

*Leader* Help us, O God of our salvation,  
for the glory of your name;  
*People* **deliver us, and atone for our sins,**  
**for your name's sake!** *Psalm 79:9*

### ADORATION

*Leader* All the nations you have made shall come  
and worship before you, O Lord,  
and shall glorify your name.  
For you are great and do wondrous things;  
you alone are God.  
Teach me your way, O Lord,  
that I may walk in your truth;  
unite my heart to fear your name.  
I give thanks to you, O Lord my God, with my whole heart,  
and I will glorify your name forever.  
For great is your steadfast love toward me;  
you have delivered my soul from the depths of Sheol. *Psalm 86:8-13*

*People* *Prayers of adoration*

### CONFESSION

*People* **Almighty and everlasting God,**

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

*Prayers of private confession*

## PSALM

*Leader*

I sought the Lord, and he answered me  
and delivered me from all my fears.

*People*

**Those who look to him are radiant,  
and their faces shall never be ashamed.**

This poor man cried, and the Lord heard him  
and saved him out of all his troubles.

**The angel of the Lord encamps  
around those who fear him, and delivers  
them.**

Oh, taste and see that the Lord is good!

Blessed is the man who takes refuge in him! *Psalm 34:4-8*

## SCRIPTURE

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

Do not be deceived, my beloved brothers. Every good gift and every perfect gift is from above, coming down from the Father of lights, with

whom there is no variation or shadow due to change. Of his own will he brought us forth by the word of truth, that we should be a kind of firstfruits of his creatures. *James 1:12-18*

## REFLECTION AND SILENT PRAYER

*A time of silence*

Leader Behold, I am the servant of the Lord;  
*People* let it be to me according to your word. *Luke 1:38*

## THANKSGIVING

*People Prayers of gratitude*

## SUPPLICATION

*People Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader* And now, as Christ has taught us, we are bold to pray:  
*People* Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
as we forgive our debtors.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever. Amen.

## BLESSING

*Leader* Now may the God of peace himself  
sanctify you completely,  
and may your whole spirit and soul and body  
be kept blameless at the coming  
of our Lord Jesus Christ.  
He who calls you is faithful;  
he will surely do it. *1 Thessalonians 5:23-24*

# Study

## SCRIPTURE

Then the Lord said, “I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the place of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites.     *Exodus 3:7-8*

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God. For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.     *Romans 8:18-25*

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.     *1 Peter 5:6-11*

## HISTORIC GUIDANCE

*The Heidelberg Catechism, Question 127*

*What does the sixth petition mean?*

“And lead us not into temptation, but deliver us from evil” means: We are so weak that we cannot stand on our own for a moment, and our sworn enemies—the devil, the world, and our own flesh—never stop attacking us.

And so, Lord, uphold us and make us strong by the power of your Holy Spirit, so that we may not be defeated in this spiritual fight, but may firmly resist our enemies until we finally win the complete victory.

*The Westminster Larger Catechism, Question 195*

*What do we pray for in the sixth petition?*

In the sixth petition (which is, *And lead us not into temptation, but deliver us from evil*), acknowledging, that the most wise, righteous, and gracious God, for divers holy and just ends, may so order things, that we may be assaulted, foiled, and for a time led captive by temptations; that Satan, the world, and the flesh, are ready powerfully to draw us aside, and ensnare us; and that we, even after the pardon of our sins, by reason of our corruption, weakness, and want of watchfulness, are not only subject to be tempted, and forward to expose ourselves unto temptations, but also of ourselves unable and unwilling to resist them, to recover out of them, and to improve them; and worthy to be left under the power of them: we pray, that God would so overrule the world and all in it, subdue the flesh, and restrain Satan, order all things, bestow and bless all means of grace, and quicken us to watchfulness in the use of them, that we and all his people may be his providence be kept from being tempted to sin; or, if tempted, that by his Spirit we may be powerfully supported and enabled to stand in the hour of temptation; or when fallen, raised again and recovered out of it, and have a sanctified use and improvement thereof: that our sanctification and salvation may be perfected, Satan trodden under our feet, and we fully freed from sin, temptation, and all evil, forever.

*The Westminster Shorter Catechism, Question 106*

*What do we pray for in the sixth petition?*

In the sixth petition, which is, *And lead us not into temptation, but deliver us from evil*, we pray that God would either keep us from being tempted to sin, or support and deliver us when we are tempted.

## HISTORIC PRAYER

Write your blessed name, O Lord, upon my heart,  
there to remain so indelibly engraved,  
that no prosperity, no adversity shall ever move me from  
your love.

Be to me a strong tower of defense,  
a comforter in tribulation,  
a deliverer in distress,  
a very present help in trouble,  
and a guide to heaven through the many temptations  
and dangers of this life. Amen. *Thomas à Kempis*

## SOURCES

*The Heidelberg Catechism*, Question 127, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 332.

Prayer of Thomas à Kempis taken from *Be Thou My Vision* by Jonathan Gibson, 183.

*The Westminster Larger Catechism*, Question 195, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 407.

*The Westminster Shorter Catechism*, Question 106, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 434.

# X

## *Practicing the Presence*

### INVITATION

*Leader* Again I say to you, if two of you agree on earth  
about anything they ask,  
it will be done for them by my Father in heaven.

*People* **For where two or three are gathered in my name,  
there am I among them.** *Matthew 18:19-20*

### ADORATION

*Leader* The Lord is my chosen portion and my cup;  
you hold my lot.  
The lines have fallen for me in pleasant places;  
indeed, I have a beautiful inheritance.  
I bless the Lord who gives me counsel;  
in the night also my heart instructs me.  
I have set the Lord always before me;  
because he is at my right hand, I shall not be shaken.  
Therefore my heart is glad, and my whole being rejoices;  
my flesh also dwells secure.  
For you will not abandon my soul to Sheol,  
or let your holy one see corruption.  
You make known to me the path of life;  
in your presence there is fullness of joy;  
at your right hand are pleasures forevermore. *Psalms 16:5-11*

*People* *Prayers of adoration*

## CONFESSION

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

*Prayers of private confession*

## PSALM

*Leader* Lord, you have searched me and known me!  
*People* **You know when I sit down and when I rise up;  
you discern my thoughts from afar.**  
You search out my path and my lying down  
and are acquainted with all my ways.  
**Even before a word is on my tongue,  
behold, O Lord, you know it altogether.**  
You hem me in, behind and before,  
and lay your hand upon me.  
**Such knowledge is too wonderful for me;  
it is high; I cannot attain it.**  
Where shall I go from your Spirit?  
Or where shall I flee from your presence?  
**If I ascend to heaven, you are there!  
If I make my bed in Sheol, you are there!**  
If I take the wings of the morning  
and dwell in the uttermost parts of the sea,  
**even there your hand shall lead me,  
and your right hand shall hold me.**  
If I say, "Surely the darkness shall cover me,  
and the light about me be night,"  
**even the darkness is not dark to you;**

**the night is bright as the day,  
for darkness is as light with you.**  
For you formed my inward parts;  
you knitted me together in my mother's womb.  
**I praise you, for I am fearfully and wonderfully made.**  
**Wonderful are your works;  
my soul knows it very well.**  
My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.  
**Your eyes saw my unformed substance;  
in your book were written, every one of them,  
the days that were formed for me,  
when as yet there was none of them.**  
How precious to me are your thoughts, O God!  
How vast is the sum of them!  
**If I would count them, they are more than the sand.**  
**I awake, and I am still with you.**  
Oh that you would slay the wicked, O God!  
O men of blood, depart from me!  
**They speak against you with malicious intent;  
your enemies take your name in vain.**  
Do I not hate those who hate you, O Lord?  
And do I not loathe those who rise up against you?  
**I hate them with complete hatred;  
I count them my enemies.**  
Search me, O God, and know my heart!  
Try me and know my thoughts!  
**And see if there be any grievous way in me,  
and lead me in the way everlasting!**     *Psalm 139*

## SCRIPTURE

Immediately he made his disciples get into the boat and go before him to the other side, to Bethsaida, while he dismissed the crowd. And after he had taken leave of them, he went up on the mountain to pray. And when evening came, the boat was out on the sea, and he was alone on the land. And he saw that they were making headway painfully, for the wind

was against them. And about the fourth watch of the night[h] he came to them, walking on the sea. He meant to pass by them, but when they saw him walking on the sea they thought it was a ghost, and cried out, for they all saw him and were terrified. But immediately he spoke to them and said, "Take heart; it is I. Do not be afraid." And he got into the boat with them, and the wind ceased. And they were utterly astounded, for they did not understand about the loaves, but their hearts were hardened.

*Mark 6:46-52*

## REFLECTION AND SILENT PRAYER

*A time of silence*

*Leader* I still have many things to say to you,  
But you cannot bear them now

*People* **When the Spirit of truth comes,  
he will guide you into all the truth,**  
for he will not speak on his own authority,  
but whatever he hears he will speak,  
**and he will declare to you the things  
that are to come.** *John 16:12-13*

## THANKSGIVING

*People* *Prayers of gratitude*

## SUPPLICATION

*People* *Prayers for one another, the Church, and the World*

## THE LORD'S PRAYER

*Leader* And now, as Christ has taught us, we are bold to pray:

*People* **Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,**

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

## BLESSING

*Leader* Now may our Lord Jesus Christ himself,  
and God our Father,  
who loved us and gave us eternal comfort  
and good hope through grace,  
comfort your hearts and establish them  
in every good work and word. *2 Thessalonians 2:16-17*

# Study

## SCRIPTURE

And he told them a parable to the effect that they ought always to pray and not lose heart. He said, "In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.'" And the Lord said, "Hear what the unrighteous judge says. And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?" *Luke 18:1-8*

In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak. *Ephesians 6:16-20*

And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast what is good. Abstain from every form of evil. *1 Thessalonians 5:14-22*

## HISTORIC GUIDANCE

*The Belgic Confession, Article 26*

*The Intercession of Christ*

We believe that we have no access to God except through the one and only Mediator and Intercessor: Jesus Christ the Righteous.<sup>a</sup>

He therefore was made man, uniting together the divine and human natures, so that we human beings might have access to the divine Majesty. Otherwise we would have no access.

But this Mediator, whom the Father has appointed between himself and us, ought not terrify us by his greatness, so that we have to look for another one, according to our fancy. For neither in heaven nor among creatures on earth is there anyone who loves us more than Jesus Christ does. Although he was “in the form of God,” he nevertheless “emptied himself,” taking the form of “a man” and “a servant” for us,<sup>b</sup> and he made himself “completely like his brothers.”<sup>c</sup>

Suppose we had to find another intercessor. Who would love us more than he who gave his life for us, even though “we were his enemies”?<sup>d</sup> And suppose we had to find one who has prestige and power. Who has as much of these as he who is seated “at the right hand of the Father,”<sup>e</sup> and who has all power “in heaven and on earth”?<sup>f</sup> And who will be heard more readily than God’s own dearly beloved Son?

So then, sheer unbelief has led to the practice of dishonoring the saints, instead of honoring them. That was something the saints never did nor asked for, but which in keeping with their duty, as appears from their writings, they consistently refused.

We should not plead here that we are unworthy—for it is not a question of offering our prayers on the basis of our own dignity but only on the basis of the excellence and dignity of Jesus Christ, whose righteousness is ours by faith.

Since the apostle for good reason wants us to get rid of this foolish fear—or rather, this unbelief—he says to us that Jesus Christ was “made like his brothers in all things,” that he might be a high priest who is merciful and faithful to purify the sins of the people.<sup>g</sup> For since he suffered, being tempted, he is also able to help those who are tempted.<sup>h</sup>

And further, to encourage us more to approach him he says, “Since we have a high priest, Jesus the Son of God, who has entered into heaven, we maintain our confession. For we do not have a high priest who is unable to have compassion for our weaknesses, but one who was tempted in all things, just as we are, except for sin. Let us go then with confidence to the throne of grace that we may obtain mercy and find grace, in order to be helped.”<sup>i</sup> The same apostle says that we “have liberty to enter into the holy place by the blood of Jesus. Let us go, then, in assurance of faith. . . .”<sup>j</sup>

Likewise, “Christ’s priesthood is forever. By this he is able to save completely those who draw near to God through him who always lives to intercede for them.”<sup>k</sup>

What more do we need? For Christ himself declares: “I am the way, the truth, and the life; no one comes to my Father but by me.”<sup>a</sup> Why should we seek another intercessor? Since it has pleased God to give us his Son as our Intercessor, let us not leave him for another—or rather seek, without ever finding. For when God gave him to us he knew well that we were sinners.

Therefore, in following the command of Christ we call on the heavenly Father through Christ, our only Mediator, as we are taught by the Lord’s Prayer, being assured that we shall obtain all we ask of the Father in his name.

*a* 1 John 2:1 *b* Phil. 2:6-8 *c* Heb. 2:17 *d* Rom. 5:10 *e* Rom. 8:34; Heb. 1:3 *f* Matt. 28:18 *g* Heb. 2:17 *h* Heb. 2:18 *i* Heb. 4:14-16 *j* Heb. 10:19, 22 *k* Heb. 7:24-25 *l* John 14:6

*The Westminster Larger Catechism, Question 55*

How doth Christ make intercession?

Christ maketh intercession, by his appearing in our nature continually before the Father in heaven, in the merit of his obedience and sacrifice on earth, declaring his will to have it applied to all believers; answering all accusations against them, and procuring for them quiet of conscience, notwithstanding daily failings; access with boldness to the throne of grace, and acceptance of their persons and services.

*The Heidelberg Catechism, Question 128*

*How do you conclude this prayer?*

“For yours is the kingdom and the power and the glory forever.”

This means we have made all these petitions of you because, as our all-powerful king, you are both willing and able to give us all that is good; and because your holy name, and not we ourselves, should receive all the praise, forever.

*The Heidelberg Catechism, Question 129*

What does the little word “Amen” express?

“Amen” means: This shall truly and surely be!

For it is much more certain that God has heard my prayer than I feel in my heart that I desire such things from him.

*The Westminster Larger Catechism, Question 196*

*What doth the conclusion of the Lord’s Prayer teach us?*

The conclusion of the Lord’s Prayer (which is, *For thine is the kingdom, and the power, and the glory, for ever. Amen*), teacheth us to enforce our petitions with arguments, which are to be taken, not from any worthiness in ourselves, or in any other creature, but from God; and with our prayers to join praises, ascribing to God alone eternal

sovereignty, omnipotency, and glorious excellency; in regard whereof, as he is able and willing to help us, so we by faith are emboldened to plead with him that he would, and quietly to rely upon him, that he will fulfill our requests. And, to testify this our desire and assurance, we say, *Amen*.

*The Westminster Shorter Catechism, Question 107*

*What doth the conclusion of the Lord's Prayer teach us?*

The conclusion of the Lord's Prayer, which is, *For thine is the kingdom, and the power, and the glory, for ever. Amen*, teacheth us to take our encouragement in prayer from God only, and in our prayers to praise him, ascribing kingdom, power, and glory to him; and, in testimony of our desire, and assurance to be heard, we say, *Amen*.

## HISTORIC PRAYER

Lord, since eternity is yours, do you not know of what I speak to you? Or do you see in time, what passes in time? Why then do I so often speak to you in time?

Truly I do not pray so you will learn from me, but to stir up my devotion toward you. We pray so that we all may say, "Great is the Lord, and greatly to be praised."

I have said it already, and will say it again: I do this for the love of your love.

For we pray also, and yet Truth (that is, Jesus himself) has said, "Your Father knows what you need before you ask him" (Matthew 6:8).

So it is our affections that we lay open to you, confessing our own miseries, and your mercies on us.

Through prayer, you may free us wholly. Through prayer, we may cease to be miserable in ourselves, and blessed in you.

Through prayer, we see how you have called us to become poor in spirit, and meek, and mourners, hungering and thirsting after righteousness.

Through prayer, we learn to become merciful, and pure in heart, and peacemakers.

See, I have told you many things, as I could and as I would, because you first wanted me to confess unto you, my Lord God. For you are good, and your mercy endures forever, amen.     *Augustine*

## SOURCES

Prayer of Augustine taken from *Font of Heaven: Prayers of the Early Church* edited by Robert Elmer, 14.

*The Belgic Confession*, Article 26, taken from taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, page 98-100.

*The Heidelberg Catechism*, Question 128-129, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 332-333.

*The Westminster Larger Catechism*, Question 196, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 408.

*The Westminster Shorter Catechism*, Question 107, taken from *Creeds, Confessions, & Catechisms: A Reader's Edition* edited by Chad Van Dixon, 434.

## *Appendices*

# *Praying the Psalms*

## *Day 1*

Morning Prayer: Psalms 1-5

Evening Prayer: Psalms 6-8

## *Day 2*

Morning Prayer: Psalms 9-11

Evening Prayer: Psalms 12-14

## *Day 3*

Morning Prayer: Psalms 15-17

Evening Prayer: Psalm 18

## *Day 4*

Morning Prayer: Psalms 19-21

Evening Prayer: Psalms 22-23

## *Day 5*

Morning Prayer: Psalms 24-26

Evening Prayer: Psalms 27-29

## *Day 6*

Morning Prayer: Psalms 30-31

Evening Prayer: Psalms 32-34

## *Day 7*

Morning Prayer: Psalms 35-36

Evening Prayer: Psalm 37

## *Day 8*

Morning Prayer: Psalms 38-40

Evening Prayer: Psalms 41-43

## *Day 9*

Morning Prayer: Psalms 44-46

Evening Prayer: Psalms 47-49

*Day 10*

Morning Prayer: Psalms 50-52

Evening Prayer: Psalms 53-55

*Day 11*

Morning Prayer: Psalms 56-58

Evening Prayer: Psalms 59-61

*Day 12*

Morning Prayer: Psalms 62-64

Evening Prayer: Psalms 65-67

*Day 13*

Morning Prayer: Psalm 68

Evening Prayer: Psalms 69-70

*Day 14*

Morning Prayer: Psalms 71-72

Evening Prayer: Psalms 73-74

*Day 15*

Morning Prayer: Psalms 75-77

Evening Prayer: Psalm 78

*Day 16*

Morning Prayer: Psalms 79-81

Evening Prayer: Psalms 82-85

*Day 17*

Morning Prayer: Psalms 86-88

Evening Prayer: Psalm 89

*Day 18*

Morning Prayer: Psalms 90-92

Evening Prayer: Psalms 93-94

*Day 19*

Morning Prayer: Psalms 95-97

Evening Prayer: Psalms 98-101

*Day 20*

Morning Prayer: Psalms 102-103

Evening Prayer: Psalm 104

*Day 21*

Morning Prayer: Psalm 105

Evening Prayer: Psalm 106

*Day 22*

Morning Prayer: Psalm 107

Evening Prayer: Psalms 108-109

*Day 23*

Morning Prayer: Psalms 110-113

Evening Prayer: Psalms 114-115

*Day 24*

Morning Prayer: Psalms 116-118

Evening Prayer: Psalm 119:1-32

*Day 25*

Morning Prayer: Psalm 119:33-72

Evening Prayer: Psalm 119:73-104

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