

Morning Prayer and Reading

Call to Worship

Ask for the Lord's help to give him the glory he deserves.

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

Psalm 51:15

Adoration

Express your love for the Lord.

I love you, O LORD, my strength.
The LORD is my rock and my fortress and my deliverer,
my God, my rock, in whom I take refuge,
my shield, and the horn of my salvation, my stronghold.

Psalm 18:1–2

Confession of Sin

With the prayer below as a guide, confess your sins to God.

Most merciful God, we confess
that we have sinned against you in
thought, word, and deed, by what
we have done, and by what we have
left undone. We have not loved you
with our whole heart; we have not
loved our neighbors as ourselves.
We are truly sorry and we humbly
repent. For the sake of your Son
Jesus Christ, have mercy on us and
forgive us; that we may delight in
your will, and walk in your ways, to
the glory of your Name. Amen.

Book of Common Prayer

Assurance of Pardon

For all who are in Christ, our sins are fully and freely forgiven for his sake.

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.

Psalm 103:8–12

Prayer for Illumination

Open my eyes, that I may behold
wondrous things out of your law.

Psalm 119:18

Scripture Reading

Day 1 — 1 Peter 1

Day 2 — Romans 8:28–39; Romans 12:1–2

Day 3 — Romans 6:1–14

Day 4 — Colossians 3:1–17

Day 5 — Galatians 2:20; Galatians 5:16–25

Reflection

Choose a portion from the reading and spend time meditating on truths you just read.

What is true about God? What is true about you because you are in Christ? What difference should that make in your life?

Catechism

Remember who you are and where your hope lies.

What is our only comfort in life and death?

Our only comfort is that we, with body and soul, both in life and death, are not our own, but belong to our faithful Savior Jesus Christ; who, with his precious blood, has fully paid for all our sins, and delivered us from all the power of the devil; and so preserves us that apart from the will of our heavenly Father, not a hair can fall from our heads. Yes, all things must work together for our salvation, and therefore, by his Holy Spirit, he also assures us of eternal life and makes us sincerely willing and ready, from now on, to live for him.

Trinity Catechism, Question 3

Petition

Pray the Lord's Prayer, aligning your priorities with his.

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

Matthew 6:9-13

Bring your petitions to him, requests for his glory, for your needs, and for others.

Benediction

Go out into the day in the Lord's blessing and power.

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

Evening Prayer and Reflection

Call to Worship

Prepare to give the Lord the glory he is due.

Come, bless the LORD, all you servants of the LORD,
who stand by night in the house of the LORD!
Lift up your hands to the holy place
and bless the LORD!
May the LORD bless you from Zion,
he who made heaven and earth!

Psalm 134

Confession of Sin

As you reflect on the day, confess the ways you have sinned against God and others.

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

Assurance of Pardon

Hear the Lord saying your sins are forgiven.

Who is a God like you, pardoning iniquity
and passing over transgression
for the remnant of his inheritance?
He does not retain his anger forever,
because he delights in steadfast love.
He will again have compassion on us;
he will tread our iniquities underfoot.
You will cast all our sins
into the depths of the sea.

Micah 7:18–19

Gratitude

As you reflect on the day, thank God for three things.

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

Psalms 103:1–5

Petition

As you reflect on the day, bring your cares from the day to the Lord.

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 4:6–7

Rest in the Lord

As you go to sleep, trust in the Lord who cares for you.

You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.
Trust in the LORD forever,
for the LORD GOD is an everlasting rock.

Isaiah 26:3–4