

Morning Prayer and Reading

Call to Worship

Hear the Lord's call to you.

Oh sing to the Lord a new song;
sing to the Lord, all the earth!
Sing to the Lord, bless his name;
tell of his salvation from day to day.

Psalm 96:1–2

Adoration

Express your love for the Lord.

I love the LORD, because he has heard
my voice and my pleas for mercy.
Because he inclined his ear to me,
therefore I will call on him as long as I live.

Psalm 116:1–2

Confession of Sin

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

I, a poor sinful person, confess myself before you, my Lord God and Maker, that sadly I have sinned much, with my senses, thoughts, words, and deeds, as you, eternal God, know very well. I regret them and beg your grace. Amen.

Heinrich Bullinger

Assurance of Pardon

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

What then shall we say to these things? If God is for us, who can be against us? He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? Who shall bring any charge against God's elect? It is God who justifies. Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.

Romans 8:31–34

Prayer for Illumination

Blessed Lord, you caused all holy Scriptures to be written for our learning; grant that we may hear them, read, mark, learn, and inwardly digest them in such a way that by patience and the comfort of your holy Word we may embrace and securely grasp the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ.

Amen.

Book of Common Prayer

Scripture Reading

Day 1 — Psalm 139

Day 2 — Genesis 3; Philippians 3:17–4:1; 1 Corinthians 6:12–20

Day 3 — Psalm 39; 1 Timothy 4:7–9; 1 Timothy 5:23

Day 4 — Psalm 90; 2 Corinthians 4:7–5:10

Day 5 — 1 Corinthians 15:50–58; Revelation 21:1–4

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? How did this Word from God instruct, convict, stabilize, or encourage you?

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 Lord bless you and keep you;
the Lord make his face to shine upon you and be gracious to you;
the Lord lift up his countenance upon you and give you peace.

Numbers 6:24–26

Evening Prayer and Reflection

Call to Worship

Prepare to give the Lord the glory he is due.

Oh give thanks to the LORD, for he is good;
for his steadfast love endures forever!

Psalms 118:1

Confession of Sin

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

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. *Selah*
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. *Selah*

Psalms 32:1-5

Assurance of Pardon

Hear the Lord saying your sins are forgiven.

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

Romans 5:1-2

Gratitude

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

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.

1 Peter 1:3–5

Petition

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

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28–30

Rest in the Lord

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

Our soul waits for the Lord;
he is our help and our shield.
For our heart is glad in him,
because we trust in his holy name.
Let your steadfast love, O Lord, be upon us,
even as we hope in you.

Psalms 33:20–22