

INTRODUCTION: LENT AND EASTER

We have endeavored to adjust our life rhythms to those of the Church calendar to ensure proper emphasis is placed on the major events of Jesus' life on earth. In the season of Lent, we are invited to retreat into the wilderness with Jesus. Just as He consecrated 40 days for fasting and prayer in the desert following His baptism, we enter a 40 day period of consecration leading into the celebration of Easter. You may notice that the season of Lent is slightly more than 40 days. This is because every Sunday is a celebration and commemoration of Christ's resurrection, a day for feasting rather than fasting.

The season of Lent begins with **Ash Wednesday** and ends on **Holy Saturday**. Ash Wednesday is a solemn day when we are reminded of our sinfulness and mortality, and we are invited to turn our eyes to the hope we have in Christ. A sign of the cross is marked with ashes upon our heads as a vivid reminder of sacrifice, and a reminder that we are dust "and to dust we shall return". In this symbol of penance, we are invited to develop a spirit of humility. After receiving the ashen mark of the cross, we move to Eucharist, knowing that death does not have the final word; that God is most gracious and merciful to those who call upon Him with repentant hearts.

From the earliest days of the church, the season of Lent has been a preparatory time when the faithful have dedicated themselves anew, and converts are instructed in the faith and prepared for baptism. Many people choose to fast during this season. This is not meant so much to be a focus on the sorrow of Christ's death as much as an expression of sorrow over the *cause* of His death: our sin. So the season of Lent is a season of dying, giving up, emptying and clearing out. We live in this space in-between ashes and redemption; remembering our darkness that is turned to glorious light through the work of the cross.

The season of Lent concludes with **Holy Week** or **Passion Week**, beginning with **Palm Sunday**. On Palm Sunday, Jesus triumphantly rode into Jerusalem; cheered on by a multitude of people who were full of expectation for a Messiah-Deliverer. Yet it is a bittersweet festival considering that only days later many of these same people would be calling for the crucifixion of Jesus, in exchange for the life of the scoundrel Barabbas. It is a clear reminder of our own weakness and the sinfulness that can cause us to reject Christ.

Maundy Thursday is an incredibly complex and profoundly meaningful remembrance of Jesus' final moments with His disciples before being condemned to die a sinner's death. In this one evening we see Him as the self-offered victim of sacrifice paralleled with the Last Supper of Passover. We see

the worth that God ascribes to humility of service encapsulated in Jesus washing the feet of His disciples. And we grasp, with adoration and esteem, the sacrificial nature of Christ's agony – how we can share in His sufferings, similarly to how His disciples joined Him at the Mount of Olives as He poured out His soul in prayer “unto death”, drinking of the cup of sorrows.

On **Good Friday** we remember the ultimate sacrifice, the day that the spotless Lamb of God, Jesus Christ, willingly gave himself up as an offering, to be crucified –stricken with the pain and sin of humanity – taking all of our brokenness upon himself and killing it on the cross.

After a long Saturday, all anticipation and longing; hope and consecration crescendos in the glorious and triumphant celebration of Christ's resurrection! **Easter Sunday** is the high point of the Christian year when we celebrate the central mystery of Christ: His death on the cross and His triumphant resurrection. It's a time of joyous reflection, the celebration of Christus Victor, the One who conquered sin and death, who redeems us unto Himself, and who will rule and rein over a Kingdom with no end!

Within the Easter season is also contained the short season of the **Ascension**. In this season we celebrate the exaltation of Christ to the right hand of the Father in heaven. Christ not only offered salvation to our souls, but in this final act of redemption – Jesus' work on earth is completed and we are assured of a glorious future whereby all of creation is invited to the path of restoration, fulfilling the prayer and promise of “Thy Kingdom come, Thy will be done, on earth as it is in heaven!”

The Easter season ends with **Pentecost Sunday**, a day when we celebrate the “birth of the Christian Church”; the day when the Holy Spirit came upon the Apostles and all of the faithful gathered in prayer in the upper room and empowered them to fulfill Christ's mission on earth. It is the Presence of the Holy Spirit with the People of God that has characterized them from that day to this. So on this day, we celebrate these two important realities: the Holy Spirit and the Church.

JOURNEYING THROUGH LENT AS FAMILIES

As we fast during the season of Lent, we give up something to make space for Jesus, for the Word, prayer or time worshipping Him. What we take away or fast from, we replace with Jesus. We often think of fasting food or types of food, but there are other practical ways you can fast. For example, where you would have spent time watching TV, you could instead spend that time praying and reading the Word.

Fasting together as a family can be beneficial, and a great opportunity to journey through the season of Lent together. You can support each other in your fast, whilst talking to your kids about the impact the fast is having on their hearts. It's a spiritual discipline meant to grow a relationship with Jesus and reflect on the sacrifices Jesus endured for us. This is a beautiful time to sit as a family, process our hearts, and talk about sacrifice, thankfulness, and repentance together. Fasting for kids might look like no TV, no video games, no candy or desserts. You can ask them what they feel the Lord wanting them to give up to make more time and space for Him.

MONTHLY PSALM SCHEDULE

The Psalms have long been used in the prayers of the Christian Church. For those who desire to pray through each of the Psalms every month, the following table can be used as a guideline:

Day of the Month	Morning Psalms	Evening Psalms
1	1 - 5	6 - 8
2	9 - 11	12 - 14
3	15 - 17	18
4	19 - 21	22 - 23
5	24 - 26	27 - 29
6	30 - 31	32 - 34
7	35 - 36	37
8	38 - 40	41 - 43
9	44 - 46	47 - 49
10	50 - 52	53 - 55
11	56 - 58	59 - 61
12	62 - 64	65 - 67
13	68	69 - 70
14	71 - 72	73 - 74
15	75 - 77	78
16	79 - 81	82 - 85
17	86 - 88	89
18	90 - 92	93 - 94
19	95 - 97	98 - 101
20	102 - 103	104
21	105	106
22	107	108 - 109
23	110 - 113	114 - 115
24	116 - 118	119:1 - 32
25	119:33 - 72	119:73 - 104
26	119:105 - 144	119:145 - 176
27	120 - 125	126 - 131
28	132 - 135	136 - 138
29	139 - 141	142 - 143
30	144 - 146	147 - 150

THE LORD'S PRAYER

Our Father, who is in heaven, holy is 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 trespasses
As we forgive those who trespass against us.
Lead us not into temptation, but deliver us from evil.
For yours is the kingdom, the power and the glory, forever and ever,
Amen.

ASH WEDNESDAY AND THE FIRST DAYS OF LENT

Wednesday February 14 – Saturday February 17

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty and everlasting God, you hate nothing that you have made and you forgive the sins of all those who are penitent. Create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our desire to rebel against you, may obtain from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praying for the gift of repentance in your home, church and community
- Praying that your heart would be softened towards the conviction of the Holy Spirit
- Praying for a mindfulness of God's presence and blessings in your life

EVENING PRAYER

All merciful God and Lord, give us a hunger and thirst for you, that this holy season would be a time of grace. May we see Christ clearly so that we might come before Him in humble adoration. We turn from sin by turning to You, O Christ our Savior! Set us apart, that our hearts and lives might be wholly dedicated to You, O Lord and King. To the praise and glory of the Father, Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praying for humility of heart
- Asking forgiveness for any way that you've grieved the Holy Spirit today
- Praising and thanking God for His plan of redemption

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Wednesday	Psalm 72	Isaiah 58:1-12
Thursday	Psalm 77	Daniel 9:1-14
Friday	Psalm 81-82	2 Timothy 4:1-5
Saturday	Psalm 88	Matthew 9:1-13

FAMILY PRAYER

MORNING:

Lord, we thank you that you created us, and that you are breathing new life and hope into our hearts every day. Help us to turn our hearts towards you in all we do today. Amen.

EVENING:

Lord, would you help us in this season, and show us the path of life. That we may learn to walk joyfully in Jesus' footsteps. Amen.

CALL TO ACTION

As you pray with repentance this week, ask God to bring to mind those you have wronged or hurt in some way, and consider ways you can tangibly serve them, perhaps with a simple meal, a cup of coffee, or a conversation.

FIRST SUNDAY OF LENT

Sunday February 18 – Saturday February 24

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, who for our sake fasted for forty days and forty nights: Give us grace to use such abstinence that, our flesh being submitted to the work of the Spirit, we may ever obey your call to righteousness and true holiness. We give our lives to your honour and glory; who lives and reigns with the Father and the Holy Spirit, one God, world without end. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Thanking God for his deliverance
- Praying that every area of your heart would become submitted to God's will
- Praying that there would be increased hunger for holiness in our church

EVENING PRAYER

Holy God, you who are full of compassion and mercy, we acknowledge our great need and ask that you would take from us our hearts of stone and grant to us hearts of flesh. We will trust in your unfailing love, that by the perfect remission and forgiveness received through Jesus Christ our Lord, we might take up our cross and follow, living lives that bring glory to your great name. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Repenting for the ways which you have turned from God
- Asking the Lord to guide the staff and elders in our church
- Inviting the Lord's transforming presence into your heart and home

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalms 91	Mark 1:9-15
Monday	Psalms 97	Job 4:1-21
Tuesday	Psalms 103	1 Peter 3:8-22
Wednesday	Psalms 105:23-45	Proverbs 30:1-9
Thursday	Psalms 107:17-43	Genesis 15:1-21
Friday	Psalms 112	Romans 4:1-12
Saturday	Psalms 117	Mark 8:27-30

FAMILY PRAYER

MORNING:

Lord, would you show us a path to holiness. Would you help teach us how to walk this path each day so we may reflect your true glory to the world. Amen.

EVENING:

Lord, would you open our ears to hear your word and receive it in our hearts. Let our mouths sing and praise your Holy name. Amen.

CALL TO ACTION

Hospitality and service aren't simply a focus of a specific season, so as you pray for the presence of God to be welcomed into your home, consider who you can invite into your home this week for coffee or a meal, and some community and fun.

SECOND SUNDAY OF LENT

Sunday February 25 – Saturday March 3

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty God, who sees that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Asking the Lord to strengthen your relationship with him in this time of consecration
- Asking for boldness to proclaim the gospel in your community
- Praying for unsaved family, friends and neighbors

EVENING PRAYER

Almighty and Everlasting God, you brought to mankind the gift of reconciliation, through Jesus, the Holy Lamb of Heaven. With humble, grateful hearts, we enter the path of repentance, being mindful of our baptism into your death, that we might be raised into life everlasting. Inscribe upon our hearts the heavenly eternal hope of a conquering King who redeems us to Himself, to the praise of the Father, Son and Holy Spirit. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Thanking God for his gift of redemption
- Praying that you would be filled with strength and hope, in the power of the Holy Spirit
- Repenting for any sins committed, knowingly or unknowingly

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 119:49-72	Mark 8:31-38
Monday	Psalm 119:129-144	Genesis 21:1-7
Tuesday	Psalm 123-125	Hebrews 11:1-19
Wednesday	Psalm 134-135	Jeremiah 30:12-22
Thursday	Psalm 5-6	Exodus 19:1-9
Friday	Psalm 11-12	Acts 7:30-40
Saturday	Psalm 18:1-24	Exodus 19:16-25

FAMILY PRAYER

MORNING:

Lord, make our days worthy of the grace you have given us. Help us be your hands in the world today. Amen.

EVENING:

Lord, thank you for the beautiful gift of Jesus. Please help His life impact each step we take tomorrow. Amen.

CALL TO ACTION

This week, be intentional about showing Jesus' love to those in your workplace. You could bring some baking to work, or listen for specific needs your coworkers have that you could help meet.

THIRD SUNDAY OF LENT

Sunday March 4 – Saturday March 10

MORNING PRAYER

(Adapted from the BCP Collect 1662)

We ask of you, Almighty God, to look upon the earnest desires of your humble servants, and to stretch forth the right hand of your Majesty, to be our defence against all of our enemies; through Jesus Christ our Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father....

CLOSING PRAYER

Focus on:

- Thanking God for his power and sovereignty
- Praying for and blessing those who have hurt you
- Praying that God would empower laborers to engage in effective mission in the community

EVENING PRAYER

Sovereign Lord, have mercy upon us, according to your great mercy. Cleanse our hearts from secret faults, O Lord. Set us apart to earnestly seek your face, that we might know you and worship you in spirit and in truth, having no confidence in our flesh but rejoicing in Christ Jesus, the highly exalted One. To the praise of the Father, Son and Holy Spirit. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Thanking God that he brought you personally to faith in Christ
- Praying for a softened heart that will lead to more Christ-likeness and holiness
- Praising God for his mercy and grace, and that it would be poured out on your family

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 22	John 2:13-22
Monday	Psalm 27	1 Kings 6:1-22
Tuesday	Psalm 33	Hebrews 9:23-28
Wednesday	Psalm 37:1-22	Ezra 6:1-16
Thursday	Psalm 40-41	Genesis 9:8-17
Friday	Psalm 47-48	Ephesians 1:3-14
Saturday	Psalm 53-54	Numbers 20:22-29

FAMILY PRAYER

MORNING:

Lord, thank you that you see and know everything in my life, and that I can rest in your safety.
Amen

EVENING:

Lord, please search my heart.
Where I have not shown the fruits of the spirit, Lord teach me how I can grow in them tomorrow. Amen.

CALL TO ACTION

As you pray over your family this week, ask God to highlight special ways you can love and serve them. Consider your own immediate family, as well as your extended family.

FOURTH SUNDAY OF LENT

Sunday March 11 – Saturday March 17

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Grant us, Almighty God, that we, who for our evil and rebellious deeds deserve to be punished, by the comfort of your abundant grace may be mercifully relieved; through our Lord and Saviour Jesus Christ. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father....

CLOSING PRAYER

Focus on:

- Praying that God would show you how to live a more consecrated life
- Praying for God's healing presence to come into our nation
- Praying for the Church, the Body of Christ worldwide, for unity, restoration and revival

EVENING PRAYER

God of endless ages, search us and know our hearts. Turn to us and have mercy on us; that we would be presented as holy and blameless before you. We ask that our lives would be overflowing with grace, poured out from the One who gave everything; Christ our Lord, who lives and reigns with you and the Holy Spirit, One God forever and ever. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Thanking God for his plan of restoration and redemption
- Praying for the churches in our city to come into deeper expressions of unity
- Praying that God would give you a soft heart, to be more open to his leading

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalms 59	John 3:14-21
Monday	Psalms 66	Exodus 15:22-27
Tuesday	Psalms 69:19-36	1 Corinthians 10:6-13
Wednesday	Psalms 73	Isaiah 60:15-22
Thursday	Psalms 78:1-39	Isaiah 30:15-18
Friday	Psalms 83	Hebrews 4:14-5:4
Saturday	Psalms 89:1-18	Habakkuk 3:2-13

FAMILY PRAYER

MORNING:

Lord, thank you that we are safe,
that we are adopted into your
holy family and made new. Amen

EVENING:

Lord, help our thoughts and
actions to be more like yours.
Help us hunger to be closer to
you each day. Amen.

CALL TO ACTION

As you go about your daily life this week, look for ways to incorporate showing the hospitality of Jesus to those in your community. As Jesus puts people into your path this week, ask Him what His purpose in that may be and what action He is calling you to.

FIFTH SUNDAY OF LENT

Sunday March 18 – Saturday March 24

MORNING PRAYER

(Adapted from the BCP Collect 1662)

We look to you, Almighty God, and ask that you would mercifully look upon your people; that by your great goodness they may be governed and preserved forevermore, both in body and soul; through Jesus Christ our Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praying for an attitude of humility and repentance
- Praying for boldness to share the Gospel in your city
- Thanking God for his mercy that is available to everyone who calls upon His name

EVENING PRAYER

O Merciful Father, turn your ear to our prayer, attend to our cry! Examine our hearts and minds – for your loving-kindness is before our eyes and we have walked in your truth. Teach us to number our days that we may gain wisdom of heart. Redeem us and be merciful to us, as we consecrate our lives to you, to the praise of the Father, Son and Spirit. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Thanking God for the many blessings in your life
- Praying that the hurting and lost would be drawn to the love of Christ through his Body
- Praying for the poor and suffering in your city

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 92-93	John 12:20-33
Monday	Psalm 98-99	Isaiah 43:8-13
Tuesday	Psalm 104:1-13	Acts 2:14-24
Wednesday	Psalm 106:1-23	Haggai 2:1-23
Thursday	Psalm 108	Deuteronomy 16:1-8
Friday	Psalm 113-114	Philippians 2:12-18
Saturday	Psalm 118	Jeremiah 33:10-16

FAMILY PRAYER

MORNING:

Lord, help us not to turn away from the suffering of others, but to grow and care for one another in love. Amen.

EVENING:

Lord, would you bless us with wisdom, to walk in your truth and have you guide our steps. Amen.

CALL TO ACTION

Check in with those that you know are journeying through something difficult. Ask them what they need and how you can help them tangibly.

PALM SUNDAY AND HOLY WEEK

Sunday March 25 (Palm Sunday) – Maundy Thursday – Good Friday –
Saturday March 31 (Holy Saturday)

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty and everlasting God, who, of your tender love towards mankind, has sent your Son our Saviour Jesus Christ, to take upon him our flesh and to suffer death upon the cross, that all mankind should follow the example of his great humility: mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praying that God would help you to lay down everything that would prevent you from being fully submitted to Christ
- Thanking God for the gift of salvation through his Son
- Praying for a greater revelation of the work and worth of the cross

EVENING PRAYER

Gracious Father, with great love and compassion you came down and became incarnate in order to save mankind. Christ our Redeemer, through your passion you became acquainted with our grief and carried our sorrows. Grant that we would fellowship with you in your sufferings. May we glory in the cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection. All honor and glory is yours, Almighty Father, now and forever, Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Asking for, thanking him for, and receiving God’s forgiveness
- Praying for repentant hearts in our nation
- Praying that the lost would be drawn in and pray for salvation through the ministry of our church body

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 119:73-88	Mark 11:1-11
Monday	Psalm 119:145-160	Isaiah 42:1-9
Tuesday	Psalm 126-128	1 Corinthians 1:18-31
Wednesday	Psalm 136	Isaiah 50:4-9
Thursday	Psalm 141-142	Exodus 12:1-14
Friday	Psalm 147-148	Hebrews 10:16-25
Saturday	Isaiah 55:6-11	1 Peter 4:1-8

FAMILY PRAYER

MORNING:

Lord, help us to understand your path to holiness so that we may see your true glory. Amen.

EVENING:

Lord, thank you for loving us. May our faith produce good fruit so we may share in your Kingdom. Amen

CALL TO ACTION

Look for those this week who have no family nearby, or those who may be feeling alone this Holy Week. Who can you reach out to and be the family of Jesus to? Bring to mind those that are single, widowed, or couples without children, and ask God how you can serve them in some tangible way. Consider dropping off a meal, baking, or care-package.

EASTER WEEK

Sunday April 1 (Easter Sunday) – Saturday April 7

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty God, who through your only begotten Son Jesus Christ has overcome death, and opened unto us the gate of everlasting life: we humbly ask that just as you place good desires in our minds by your unending grace, so you would also continually help us to bring those good desires to fruition; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God forever and ever, world without end. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praising Jesus for his victory over death
- Celebrating the resurrection together with the Body of Christ around the world
- Thanking God for his unending faithfulness

EVENING PRAYER

Loving Redeemer, you conquered death and unlocked for us the path to eternity. Grant us new strength to endure all things through faith in Christ our Risen King. Attune our hearts to the sound of your voice, to know you and follow you; that we might walk worthy of your calling and glorify your name, by the working of your Spirit, to the praise and glory of the God, the Father Almighty. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father....

CLOSING PRAYER

Focus on:

- Rejoicing in the finished work of the cross
- Remembering your own baptism, how you died with Christ and were raised with Christ
- Blessing your friends and neighbours

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 7-8	John 20:1-18
Monday	Psalm 13-14	Genesis 1:1-19
Tuesday	Psalm 18:25-50	1 Corinthians 15:50-58
Wednesday	Psalm 23	Song of Songs 3:1-11
Thursday	Psalm 28-29	Daniel 1:1-21
Friday	Psalm 34	Acts 4:23-31
Saturday	Psalm 37:23-40	Daniel 2:24-49

FAMILY PRAYER

MORNING:

Lord, thank you for sending your beloved son to die for our sins and give us everlasting life. Amen.

EVENING:

Lord, open our ears so we may know your voice, just as a sheep knows his shepherd's call. Amen.

CALL TO ACTION

This week, look for overwhelmed parents in your life, and consider ways you can serve them. Can you run an errand for someone, or babysit their children for a few hours? Perhaps you could bring them a meal, come and clean their house, or fold some laundry.

SECOND SUNDAY OF EASTER

Sunday April 8 – Saturday April 14

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty Father, who has given your only Son to die for our sins, and to rise again for our justification: grant us so to put away the leaven of malice and wickedness, that we may always serve you in pureness of living and in truth; through the merits of the same, your Son Jesus Christ the Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praising God for his power and righteousness
- Blessing the churches of our city
- Welcoming the love of the Father

EVENING PRAYER

King of Endless Ages, we rejoice in your great name. You cleared away the darkness of sin by your magnificent and radiant resurrection and you have brought us forth into the kingdom of light. May we be ever aware of our adoption; mercifully redeemed, chosen, and reconciled to you. Blessed are You, God of our salvation! To you be the praise and glory forever, in the name of God: Father, Son and Holy Spirit. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Welcoming God's presence into our city and nation
- Asking that God would give you opportunities to glorify him and exemplify his love
- Thanking God for the gift of a loving community

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 42-43	John 20:19-31
Monday	Psalm 49	Daniel 3:1-30
Tuesday	Psalm 55	1 John 2:12-17
Wednesday	Psalm 60-61	Isaiah 26:1-15
Thursday	Psalm 67	Daniel 9:1-19
Friday	Psalm 70	1 John 2:18-29
Saturday	Psalm 74	Acts 3:1-10

FAMILY PRAYER

MORNING:

Lord, forgive us our many sins.
Help us to forgive one another as
you forgive us. Amen.

EVENING:

Lord, thank you that despite my
sins you look on me with love and
delight. Amen.

CALL TO ACTION

Look for those in your life who are
lonely, lacking community, or are
falling between the cracks in our
own community. Ask the Lord to
highlight someone specific to you,
and do something for them this
week to help them feel seen and
known. You could bring them a
coffee, write an encouraging note,
phone them, or invite them into
your home.

THIRD SUNDAY OF EASTER

Sunday April 15 – Saturday April 21

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty God, who has given your only Son to be unto us both a sacrifice for sin, and also an example of a godly life: give us grace that we may always most thankfully receive of the benefits of Christ, and also daily endeavour to follow the blessed steps of his most holy life; through the same Jesus Christ our Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Asking the Lord to strengthen all Christians that are enduring suffering for the sake of his name
- Thanking God for the Scriptures and the Holy Spirit who illuminates them
- Trusting God in the midst of every circumstance

EVENING PRAYER

God of promise and hope, you have freely poured out salvation, a priceless gift for all who call upon your name. Grant that we would live in the light of Christ, and fill us with love and faith, that the sharing of our faith may become effective by the acknowledgement of every good thing which is in us though Christ Jesus, that you may in all these things be glorified, Father, Spirit, Son. Amen

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Asking God to fill you with confidence and boldness
- Praising Christ as the full revelation of God
- Welcoming God's presence into your home

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 78:40-72	Luke 24:36-49
Monday	Psalm 84-85	Jeremiah 30:1-22
Tuesday	Psalm 89:19-52	2 John 1-13
Wednesday	Psalm 94	Proverbs 9:1-6
Thursday	Psalm 100-101	Genesis 30:25-43
Friday	Psalm 104:14-35	Acts 4:1-4
Saturday	Psalm 106:24-48	Genesis 48:8-19

FAMILY PRAYER

MORNING:

Lord, thank you for sending your son, whose life teaches us the path of holiness. Lord, guide our steps. Amen .

EVENING:

Lord, help us to have a heart like Jesus. May He guide our thoughts, actions, and words. Amen.

CALL TO ACTION

This week, ask God to highlight those who are suffering physically, mentally, emotionally and/or spiritually, and to show you how you can be the hands and feet of Jesus this week. Consider making a meal, calling them to encourage and bless them, or even simply asking them how you can serve them tangibly.

FOURTH SUNDAY OF EASTER

Sunday April 22 – Saturday April 28

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty God, who shows the light of your truth to those that are in error in order that they may return into the way of righteousness: grant unto all those who are admitted into the fellowship of the Body of Christ, that they may forsake those things that are contrary to their covenantal promises, and follow all such things that are agreeable to the same; through our Lord Jesus Christ. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father....

CLOSING PRAYER

Focus on:

- Thanking God for the blessing of salvation
- Welcoming the transforming presence of God to continually shape you into the image of Christ
- Blessing the members of your immediate family

EVENING PRAYER

Mighty God, our victorious Lord and King, through the humility of Your Son You have raised up a fallen world, to give your faithful people a lasting joy. Grant that we would comprehend the power of the mystery through faith, and make us strong in the grace that is in Christ Jesus that we would walk in the salvation and power and authority of Christ. Deliver us from every evil work and preserve us for your heavenly kingdom. To the praise of the Father, Son and Holy Spirit. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

The Lord’s Prayer

Our Father, who is in heaven, holy is 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 trespasses
As we forgive those who trespass against us.
Lead us not into temptation, but deliver us from evil.
For yours is the kingdom, the power and the glory, forever and ever,
Amen.

Closing Prayer

Focus on:

- Praising God for the gift of the Holy Spirit
- Praying for the missionaries that we support as a church body
- Blessing the staff and elders of our church

Suggested Scripture Readings:

	Morning	Evening
Sunday	Psalm 109	John 10:11-18
Monday	Psalm 115	1 Samuel 16:1-13
Tuesday	Psalm 119:1-32	Revelation 7:13-17
Wednesday	Psalm 119:89-104	Micah 7:8-20
Thursday	Psalm 119:161-176	Amos 8:1-8
Friday	Psalm 129-131	Acts 8:9-25
Saturday	Psalm 137-138	Amos 9:7-15

FAMILY PRAYER

MORNING:

Lord, let the works of our hands,
words our mouth, and meditation
of our heart be pleasing to you.
Amen.

EVENING:

Lord, we thank you for your
word. Would it strengthen our
steps and guide our day
tomorrow. Amen.

CALL TO ACTION

Look for those that are pouring
out to others and serving in some
capacity. How can you encourage
them this week? Consider cooking
double of one of your meals this
week, or writing them a letter of
encouragement.

FIFTH SUNDAY OF EASTER

Sunday April 29 – Saturday May 5

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Oh Almighty God, who alone can order the unruly wills and affections of sinful men: grant unto your people, that they may love the things that you have commanded, and desire the things which you have promised; so that among the many and various changes of the world, our hearts may be fixed upon them, where true joys are to be found; through Jesus Christ our Lord. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praising Jesus for his incredible humility in willing to unite himself with humanity
- Receiving the benefits of Jesus' death and resurrection
- Praising God for his sovereignty and his holiness

EVENING PRAYER

God our Father, according to Your great power You have saved us and called us with a holy calling, not according to our works, but according to Your own purpose and grace which was given to us in Christ Jesus. He abolished death and brought life and immortality to light through the gospel. Cause us to be raised up in truth and equipped for every good work, fulfilling the ministry of reconciliation until our Lord Jesus Christ's appearing. All glory and power is yours alone, now and forever, Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Thanking God for allowing himself to be known
- Forgiving and blessing people that have spoken or acted against you
- Praising Christ as the head of his Church

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 143	John 15:1-8
Monday	Psalm 149-150	Isaiah 5:1-7
Tuesday	Psalm 1-2	James 3:13-18
Wednesday	Psalm 9	Isaiah 65:17-25
Thursday	Psalm 15-16	Isaiah 49:5-6
Friday	Psalm 19	Acts 10:34-43
Saturday	Psalm 24-25	Deuteronomy 32:44-47

FAMILY PRAYER

MORNING:

Lord, teach us to love what you love and desire what you have promised. Amen.

EVENING:

Lord, thank you for showing us the meaning of true joy. Help us to fix our eyes and hearts on you in all moments. Amen.

CALL TO ACTION

Look for opportunities to bless those you interact with this week. Ask God to bring you into contact with those he wants you to serve in some small way. Consider buying someone else’s coffee, helping someone with their groceries, or giving someone an encouraging word.

SIXTH SUNDAY OF EASTER

Sunday May 6 – Ascension Thursday – Saturday May 12

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Oh Lord, from whom all good things do come: grant to us your humble servants, that by your holy inspiration we may think upon those things that are good, and by your merciful guidance may perform the same; through our Lord Jesus Christ. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praising our Risen King for his authority over all things
- Thanking God for making his goodness known through all of creation
- Asking God to reveal his will for you today

EVENING PRAYER

Living God, Savior of all mankind, you have overcome death and opened to us the gates of everlasting life. Grant that we may lead quiet and peaceable lives in all godliness and reverence, that we would find our substance in Christ, being hidden in Him so that when He who is our life appears, we will also appear with Him in glory. In the name of our Victorious God who is Holy and One, Father, Spirit, Son. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Rejoicing in the unending mercy and kindness of our God
- Asking that the presence and power of the Holy Spirit would be made known in our nation
- Blessing members of your Community Group or Family Dinner

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 30	John 15:9-17
Monday	Psalm 35	Deuteronomy 7:1-11
Tuesday	Psalm 38	1 Timothy 6:11-16
Wednesday	Psalm 44	Deuteronomy 11:18-25
Thursday	Psalm 50	Luke 24:44-53
Friday	Psalm 56	Revelation 1:9-18
Saturday	Psalm 62-63	Deuteronomy 34:1-7

FAMILY PRAYER

MORNING:

Lord, give us your love, so we can forgive and love others as you do. Amen.

EVENING:

Lord, please teach us to rest in your goodness, so that no matter what storm we are in we would be at peace. Amen.

CALL TO ACTION

This week, consider how you can show love towards a senior, or someone in a different generation than you. You can connect with someone within the church, or look for opportunities when you are out and about.

SEVENTH SUNDAY OF EASTER

Sunday May 13 – Saturday May 19

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Oh God, the King of Glory, who has exalted your only Son Jesus Christ with great triumph unto your kingdom in heaven: we ask that you would not leave us comfortless; but send to us your Holy Ghost to comfort us, and exalt us unto the same place where our Saviour Christ has gone before; who lives and reigns with you and the Holy Ghost, one God, world without end. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praising God for the exaltation of Jesus
- Thanking God for the love he has poured out on all people by creating them in his image and granting them the gift of life
- Worshiping Christ, your Saviour and King

EVENING PRAYER

O King of Glory, Lord of Hosts, we rejoice that you have made us the first fruits of your creation, saved into hope and adopted as your children. We turn our eyes to the ascended Jesus, great and glorious, clothed in might and seated high above every power on heaven and earth. May we follow Him into new creation, that we might be strengthened with might through His Spirit, being filled with all the fullness of God. Grant this through our Lord Jesus Christ, Your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Asking that all of creation would be blessed and come under the Lordship of Jesus Christ
- Thanking God for being a good Father and for adopting you into his household
- Praying for unity in the Body of Christ in our nation

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 68	John 17:6-19
Monday	Psalm 71	Exodus 28:29-38
Tuesday	Psalm 75-76	Titus 1:1-9
Wednesday	Psalm 79-80	Ezra 9:5-15
Thursday	Psalm 86-87	Job 37:1-13
Friday	Psalm 90	1 Corinthians 15:50-57
Saturday	Psalm 95-96	Exodus 15:6-11

FAMILY PRAYER

MORNING:

Lord, help me to make space for your word, so that it may be the rock I build my life on. Amen.

EVENING:

Lord, everything your Son did proves who He is. Help us to believe in Him more and more that we might help others on the path.

CALL TO ACTION

This week, pay special attention to those that are orphaned or fatherless, whether literally or functionally. How can you show them the love of Jesus? Consider a small gift, just to show them that you're thinking about them, writing them a card or note of encouragement, or dropping off a meal for them. You can also consider those who are journeying through fostering and adoption, and serve them as they seek to serve others.

DAY OF PENTECOST - WHITSUNDAY

Sunday May 20 – Saturday May 26

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, who at this time did teach the hearts of your faithful people by sending to them the light of your Holy Spirit: grant us by the same Spirit to have a right judgement in all things, and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Saviour, who lives and reigns with you, in the unity of the same Spirit, one God, world without end. Amen.

PSALM READING AND RESPONSE

Pray through the Psalm in the table below that corresponds to the day of the week, and spend a few moments in conversation with the Scriptures – taking to prayer the things that the Lord is highlighting to you through his word.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Praising God for the gift of the Holy Spirit
- Welcoming the sanctifying work of the Holy Spirit in your life
- Asking the Holy Spirit to give you a greater revelation of Jesus

EVENING PRAYER

O God, you did not spare your own Son, but have freely given us all things. Thank you for the good gift of Your Holy Spirit through whom we have comfort, joy and power from on high. We ask that the Spirit of Truth, the Promise of the Father, would transform our lives. Fill the hearts of your faithful and kindle in us the fire of your love so that we would walk in the unity of the Spirit as one body, to proclaim your glory. We give you all the glory and honour, Father, Son and Holy Spirit, now and forever, Amen.

SCRIPTURE READING AND RESPONSE

Pray through the verses in the table below that correspond to the day of the week, and spend a few moments reflecting on and responding to the Scriptures in prayer.

THE LORD'S PRAYER

Our Father...

CLOSING PRAYER

Focus on:

- Thanking God for his faithfulness; that he did not leave us as orphans
- Praising God for his victory over all evil
- Praying for freedom for the oppressed, healing for the broken, and hope to be restored to the hopeless

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 102	Acts 2:1-21
Monday	Psalm 105:1-22	Joel 2:18-29
Tuesday	Psalm 107:1-16	1 Corinthians 12:12-27
Wednesday	Psalm 110-111	Ezekiel 37:1-14
Thursday	Psalm 116	Isaiah 1:1-20
Friday	Psalm 119:33-48	Romans 8:9-11
Saturday	Psalm 119:105-128	Isaiah 5:15-24

FAMILY PRAYER

MORNING:

Lord, thank you that we get to be your hands, feet, and words in the world. Give us wisdom and patience today in all we do. Amen.

EVENING:

Lord, let our actions in this world become prayers of love for you. May we love others with the same love you had for Jesus. Amen.

CALL TO ACTION

As you encounter people who are sick and in pain this week, why not pray for them? Invite Jesus to bring his healing power!

VIA CHURCH |

L E T H B R I D G E

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