

A GUIDE TO MORNING AND EVENING PRAYERS

SEASONAL INTRODUCTION — ADVENT & CHRISTMAS

The word **Advent** means “coming” or “arrival. The season of Advent is the beginning of the Church calendar; our ecclesial new year. Advent is a time of preparation and anticipation. In it we look back to the first advent of Christ (Incarnation) and ahead to the second advent (Parousia) when our reigning King will return in glory.

When Jesus came, we experienced Emmanuel, **God with us**. Now we have the Indwelling, God the Holy Spirit, **God in us!** Our focus is Christ and our prayer: “Your Kingdom come!” Advent is a season which beckons us to live with more awareness, changing our patterns and rhythms both individually, and as a community of believers. It allows us to posture ourselves not only to celebrate and rejoice in the Incarnation, but to spend this season in consecration, so that we might present ourselves a dedicated, desiring, and expectant Bride, joyously awaiting the return of our King.

After the four weeks of Advent, we celebrate Christmas, which is also known as the Feast of Incarnation. The anticipation that builds throughout the season of Advent culminates in a time of joyous celebration over the birth of our wonderful Saviour. It is at this time when we reflect most deeply on the mystery of the Incarnation; that Jesus Christ, God of God and Light of Light, “for us men for our salvation” came down from heaven and was made man.

The season of Christmas continues for twelve days, ending with the celebration known as Epiphany on January 6, a day set aside to mark for us God’s remembrance of the Gentiles. We see throughout Scripture, that God’s plan was for **all mankind**, and we see this wondrous purpose unfold in the journey of the wise men from the East who followed the star to see the Christ.

ADVENT: A SEASON OF PREPARATION

As we journey through the season of Advent, we are invited into a time of rest to prepare for the coming King. In reality, often our lives seem to speed up at this time of year, a kind of pre-Christmas frenzy that leaves us exhausted by the time we come to celebrate Christmas itself. It's a far cry from the peaceful preparation that our hearts crave and long for.

In presenting a list of "Advent Activities" we run the risk of communicating an expectation of busyness and more boxes to check in order to have "done Advent well." In providing these resources our heart is the opposite. Our intention is that we would see them as an invitation: An opportunity to lay aside some of our usual busyness and instead intentionally change our life rhythms to focus on things that turn our hearts and minds to Jesus, pursuing His presence. It is from that place of rest in His presence that we are able to serve and bless our community and city.

We encourage you to prayerfully consider what God is calling you to this season. May it be one marked by peace, rest, and a joyful expectation for the coming of Jesus. Please use the following as suggestions to serve you and your family in your Advent journey.

IN OUR HOMES

- Take time for morning and evening prayers as a family. You could even mark this time by using only candlelight.
- Build time into your days for worship and peaceful reflection.
- Create an Advent wreath in your home and light the candles week by week.
- Consider decorating your Christmas tree progressively, adding a little more each week until Christmas Day.
- Read or act out the Christmas story together.

IN OUR CHURCH

- Look for ways you can get involved in Christmas missions giving, and initiatives to serve our community. For Via Lethbridge, more details coming at the beginning of December!
- Look for those in the church who are on the fringes of the community, and invite them over for games or a movie.

- Write a letter of encouragement to a pastor, lay pastor, someone serving in some capacity, or a family that inspires you.

IN OUR CITY

- When you're making supper for yourself, cook double and bring it to someone that the Lord puts on your heart.
- Bring someone a plate of baking.
- Buy a small gift for someone, like a potted plant, a tea they love, or a small gift card to their favourite coffee shop.
- Drop a card in someone's mailbox, telling them something you love about them and encouraging them.
- Offer to run an errand or pick up someone's groceries for them.
- Take a co-worker out for coffee or tea.
- Drive someone who doesn't have a vehicle to do their errands.
- Text someone that you're just getting to know, and tell them what you love about them.
- Offer to spend an hour cleaning house for a new mom, overwhelmed parent, or co-worker.
- Keep an eye out for people who need a ride somewhere.
- Help someone organize their closet, children's clothes, or put away Christmas decorations.
- Prepare gift bags that would bless the homeless in our city (Tim Hortons or McDonalds gift card, granola bars, instant noodles, jerky, warm socks, gloves) and carry them with you to bless people living on the streets when you encounter them.
- Volunteer at your local soup kitchen or food bank.

To contact us with questions, comments or suggestions, please visit our website – www.viachurch.ca.

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

FIRST SUNDAY OF ADVENT

Sunday December 2 – Saturday December 8

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty God, give us grace that we might cast away the works of darkness, that instead, we may live this mortal life clothed with the armour of light, through the saving work of your Son Jesus Christ who came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead we may rise to eternal life, through him who lives and reigns with you and the Holy Spirit, now and ever. 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Taking time for personal repentance and ask the Holy Spirit to search your heart
- Ask God to grant the gift of repentance to your family, your church and your community
- Pray for a sense of consecration and ask God for a hunger for holiness

EVENING PRAYER

Come, Immanuel, Holy One of heaven, open our eyes to see you and fill our hearts with a hunger to know you. We proclaim you King of our hearts and Lord over all of heaven and earth. We desire that you would become the passion of our lives, that we might be sincere and without offence till the day of Christ, filled with the fruits of righteousness, by the working of Jesus Christ, to the glory and praise of your name, God 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Repent for ways which you have turned from God
- Ask for boldness to walk in light and be a witness of Jesus’ saving grace and power
- Pray for your church body to be united in this season of seeking the Lord

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 13-14	Luke 21:25-36
Monday	Psalm 18:25-50	Numbers 17:1-11
Tuesday	Psalm 23	Revelation 22:12-16
Wednesday	Psalm 28-29	Isaiah 1:24-31
Thursday	Psalm 34	Malachi 3:5-12
Friday	Psalm 37:23-40	Philippians 1:19-26
Saturday	Psalm 42-43	Malachi 4:1-6

SECOND SUNDAY OF ADVENT

Sunday December 9 – Saturday December 15

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Most blessed, gracious Lord, you caused all Holy Scriptures to be written for our learning. Grant that we may wisely hear them, read, mark, learn and inwardly digest them, that by the patience and comfort of your Holy Word, we may embrace and ever hold fast the blessed gift of everlasting life, which you have given us in our Savior 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Thank God for the gift of His Word
- Pray that the Scriptures would be held in their rightful place of honour in the churches of our nation
- Pray for opportunities to share the Gospel during this Advent season

EVENING PRAYER

Father we rejoice and are truly thankful that you revealed yourself to humanity as the Living Word, by whom all was made, and who revealed himself as the Way, the Truth and the Life. Make your face to shine upon us, O Lord, teach us your statutes! Instruct us, heal us, and revive us according to your Word. We ask for a spirit of wisdom and revelation that we might be transformed into your likeness, that our eyes would be enlightened and we would live in joyful expectation of a Kingdom with no end, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Pray for unity in the Body of Christ across our nation
- Ask that God would give you a heart that is receptive to his leading
- Thank God for feeding you and sustaining you with his word

Suggested Scripture Readings:

	Morning	Evening
Sunday	Psalm 49	Luke 3:1-6
Monday	Psalm 55	Isaiah 40:1-11
Tuesday	Psalm 60-61	2 Peter 1:2-15
Wednesday	Psalm 67	Isaiah 35:3-7
Thursday	Psalm 70	Amos 6:1-8
Friday	Psalm 74	2 Corinthians 9:1-15
Saturday	Psalm 78:40-72	Amos 9:8-15

THIRD SUNDAY OF ADVENT

Sunday December 16 – Saturday December 22

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Lord Jesus Christ, at your first coming you sent your messenger to prepare the way before you. We ask now that you would grant the ministers and stewards of your mysteries to likewise prepare and make ready your way. Cause the hearts of the disobedient to turn to the wisdom of the just, that at your Second Coming to judge the world, we may be found an acceptable people in your sight, to the praise and glory of your Holy name. 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Pray for protection and provision upon the pastors and lay leaders in your church
- Pray for blessing upon the churches in your city
- Pray for the ministers and missionaries overseas to experience supernatural grace in their ministries

EVENING PRAYER

Almighty God, we humbly thank you for the gift of ministers: those whom have been called, set apart and anointed by your Holy Spirit, as shepherds of the flock, for the encouragement and edification of your Church. We ask that your grace would abound toward them, that they would have sufficiency in all things and an abundance for every good work. Encourage, refresh, protect and inspire them;

that through them you would open to us a door for the Word, as they speak the mystery of Christ. Cause us to be knit together, in unity of heart and mind, in the Body of your Son Jesus Christ, to the glory of your 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Pray for unity in the Body of Christ
- Thank God for those in leadership over you
- Pray for the political leaders of our city, province, and nation

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 84-85	Luke 3:7-18
Monday	Psalm 89:19-52	Numbers 16:1-19
Tuesday	Psalm 94	Acts 28:23-31
Wednesday	Psalm 100-101	Micah 4:8-13
Thursday	Psalm 104:14-35	Jeremiah 31:31-34
Friday	Psalm 106:24-48	Hebrews 10:32-39
Saturday	Psalm 109	Isaiah 66:7-11

FOURTH SUNDAY OF ADVENT

Sunday December 23 – Monday December 24

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, we pray that you would raise up your power and come among us, and with great might relieve us - that where our sins and the cares of the world leave us weary and hindered in running the race that is set before us, your bountiful grace and mercy speedily help and deliver us, through the completed work of your Son, our Lord. We give you all the glory and honor, Father, Son and Holy Spirit, now and forever. 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Thank God for the gift of the Holy Spirit
- Pray that God's Presence would increase in the churches in our nation
- Ask that God would give you opportunities to show his love

EVENING PRAYER

Most merciful God, we ask for hearts that would be made fully alive by your Holy Spirit. Kindle within us the fire of your love and by your Spirit, make us one. Strengthen us, and by your Holy Presence meet us, nourish us, prepare us, and unite us to your Son. We rejoice in the fellowship, comfort, and communion which you have called us into, as adopted sons and daughters. Be glorified and exalted in our lives, in the name of Jesus our Lord, we ask these things. 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Pray for unity in the Body of Christ
- Ask for forgiveness and receive the Lord’s grace for any area where you have fallen short today
- Pray for those around the world who are facing persecution for the sake of Christ

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalms 115	Luke 1:39-55
Monday	Psalms 119:1-32	Isaiah 9:2-7

CHRISTMAS DAY & THE FIRST DAYS OF CHRISTMAS

Tuesday December 25 – Saturday December 29

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty God, you gave your only begotten Son to take our nature upon himself, to be born of a Virgin. Grant that we, as regenerate people, who have been made the children of God by adoption and grace, may be daily renewed by your Holy Spirit, through our Lord Jesus Christ who lives and reigns for eternity, ever One God: Father, Son and Holy Spirit. 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Thank God for the incredible plan of salvation, through Jesus entering into humanity to redeem it
- Pray for a sense of preparedness for the Second Coming
- Pray for the salvation of family and friends

EVENING PRAYER

Father, you gave your Son to this broken world in an act of unfathomable love, with a plan for salvation. With great joy we enter into this celebration of Incarnation, the Word made flesh, and we welcome Christ as our Great Redeemer, and ask for him to reign as King over our lives, that we would meet him with confidence, when he comes to be our Judge, the One 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Thank God for his great love for us, shown through his Son, our Saviour Jesus Christ.
- Pray that Jesus would be exalted in our nation
- Bless the churches of our city, as together we celebrate the birth of our Lord

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Tuesday	Psalm 119:89-104	Luke 2:1-20
Wednesday	Psalm 119:161-176	2 Chronicles 24:17-24
Thursday	Psalm 129-131	Proverbs 8:32-36
Friday	Psalm 137-138	Revelation 21:1-7
Saturday	Psalm 143	1 Chronicles 28:1-10

FIRST SUNDAY AFTER CHRISTMAS

Sunday December 30 – Saturday January 5

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O merciful Father, whose blessed Son was manifested, that he might destroy the works of the devil, and make us the sons of God and heirs of eternal life; Grant us, we ask, that in having this hope, we may purify ourselves even as he is pure; that when he shall appear again with power and great glory, we may be made like him, the Holy King of heaven who reigns eternal. 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, 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Praise God for his faithfulness through the ages
- Thank God for the gift of eternal life
- Pray for your neighbours and coworkers

EVENING PRAYER

God of Creation, we come before you in hope and faith. Father of abundant love, be our joy in proclaiming the Good News! We ask that you would guide us to lead, teach and nurture your disciples. We pray for your Church to be a light, as you are the light of the world. We pray for the lost and the seeking, that as you kindle within us the flame of Your love, we would know your transforming presence at work in the world around us. We ask this in the name of Christ Jesus, our Lord. 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 thine is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Ask that God would give you the courage to be a good disciple and to disciple others
- Pray for unity in our own church, and in the churches across our city
- Thanking God for allowing himself to be known

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 149-150	Luke 2:41-52
Monday	Luke 1:68-79	1 Kings 3:5-14
Tuesday	Psalm 1-2	Matthew 25:31-46
Wednesday	Psalm 9	Proverbs 1:1-7
Thursday	Psalm 15-16	Job 42:10-17
Friday	Psalm 19	Acts 7:44-53
Saturday	Psalm 24-25	Jeremiah 31:7-14

SEASONAL INTRODUCTION — ORDINARY TIME

Following the season of Christmas and until the beginning of the season of Lent on Ash Wednesday, we move into the season called “Ordinary Time.” It is a season characterized by hope, quiet growth and maturing. It does not need to be “ordinary” and is not merely a “break” from the high points in the Church calendar, but instead, the term “ordinary time” means ordered or numbered time, counting the number of weeks in

between the seasons of Christmas and Lent; and then again from Easter to Advent.

In “Ordinary Time” we take time to meditate on the whole mystery of Christ – His life, miracles and teachings – in the light of his Resurrection and Ascension. It is a time that reflects the rhythms of our lives, this being a season of steady growth in contrast to the feasting that we see in the seasons of Christmas and Easter, or to the intense repentance that we might see in Advent or Lent. This is an opportunity to flourish and grow in our maturity. In this season, we descend from the mountain of Advent and Christmas in order to journey steadily in the pastures of Ordinary Time en route to reliving the passion of Christ in the season of Lent.

This is a season to reflect upon the fullness of Christ’s earthly ministry, relishing that we have a good Gospel. We, as the Body of Christ on earth, continue in his ministry to the world. We carry the message of reconciliation to the poor, downtrodden and afflicted. As we encounter His faithfulness and steadily walk a path that grows brighter and brighter, may we walk worthy of this calling to share what He has done for us. The harvest is great and He has called us to a mission and ministry of hope.

EPIPHANY

Sunday January 6 – Saturday January 12

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, who by the leading of a star manifested your only begotten Son to the Gentiles: Mercifully grant, that we who now know you by faith may be led onward through this earthly life, until we see the vision of your heavenly glory; through your Son Jesus Christ, 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, 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:

- Blessing spiritual leaders in your life
- Praying for God's grace to be present with all of the Christians facing persecution around the world
- Asking for boldness to proclaim the gospel in word and deed

EVENING PRAYER

Almighty and everlasting God, who desires not the death of sinners, but rather that they may turn unto you and live: Deliver the nations of the world from superstition and unbelief, and gather them all into your holy Church, to the praise and glory of your name; through Jesus Christ our Lord. 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
- Welcoming the presence of God into your home
- Asking that God would send labourers for the harvest

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 30	Matthew 2:1-12
Monday	Psalm 35	Daniel 2:1-19
Tuesday	Psalm 38	Ephesians 5:15-20
Wednesday	Psalm 44	Numbers24:15-19
Thursday	Psalm 50	Ecclesiastes 1:1-11
Friday	Psalm 56	1 Corinthians 2:1-10
Saturday	Psalm 62-63	Ecclesiastes 3:1-15

FIRST SUNDAY AFTER EPIPHANY — BAPTISM OF OUR LORD

Sunday January 13 – Saturday January 19

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, we ask that in your great mercy you would receive the prayers of your people who call upon you, and grant that we would both perceive, and know what things we ought to do, and also may have grace and power faithfully to fulfill the same, 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, 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:

- Receiving the righteousness of Christ
- Blessing the political leaders of our city, province, and nation
- Praying for freedom for those who are afflicted by their past

EVENING PRAYER

Lord God, you revealed your Son in the waters of the Jordan and anointed him with the power of the Holy Spirit to proclaim good news to all people. As your beloved Son embraced his mission in the waters of baptism, inspire us also with the fire of your Spirit to join in his transforming work and to proclaim the healing power of the gospel by acts of love in your 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, 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 Jesus as our great Healer and Deliverer
- Welcoming God’s presence into our city
- Trusting God for your needs

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 68	Luke 3:15-22
Monday	Psalm 71	Judges 4:1-16
Tuesday	Psalm 75-76	1 John 5:13-21
Wednesday	Psalm 79-80	Numbers 27:1-11
Thursday	Psalm 86-87	Jeremiah 3:1-5
Friday	Psalm 90	1 Corinthians 7:1-7
Saturday	Psalm 95-96	Jeremiah 4:1-4

SECOND SUNDAY AFTER EPIPHANY

Sunday January 20 – Saturday January 26

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty and everlasting God, who governs all things in heaven and on earth, mercifully hear the requests of your people and grant us your peace all the days of our lives; 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, 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:

- Thanking God for being a good Father and for your own adoption into his household
- Seeking the salvation of family, friends, and neighbours
- Praying for freedom for those who are afflicted with striving to earn God's favour

EVENING PRAYER

Heavenly Father, you, who are the giver of all goodness, send your grace to us that we may worship, serve, and obey you in love. You have spoken truth into our lives and you guide us onto a straight path. Keep us firmly planted in your truth and love, and sustain us with your Holy Spirit; through Jesus Christ our Lord. 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:

- Praying for unity in the Body of Christ in our nation
- Interceding for the needs of our missionaries
- Asking for and receiving forgiveness for any way that you have fallen short today

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 102	John 2:1-11
Monday	Psalm 105:1-22	Isaiah 54:1-8
Tuesday	Psalm 107:1-16	1 Corinthians 1:3-17
Wednesday	Psalm 110-111	Song of Solomon 4:9-5:1
Thursday	Psalm 116	Isaiah 61:1-7
Friday	Psalm 119:33-48	Romans 12:1-8
Saturday	Psalm 119:105-128	Nehemiah 5:1-13

Third Sunday after Epiphany

Sunday January 27– Saturday February 2

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty and everlasting God, mercifully look upon our weakness and frailty; and in all of our trials and in all that we need, stretch forth your hand to help us and defend us; 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, 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 his sovereign authority
- Thanking God for his unfailing love
- Praying for freedom for those who are afflicted by addictions or self destructive patterns

EVENING PRAYER

God of every land and nation, you spoke your word and revealed your good news in your Son, Jesus Christ. Fill all creation with that word again, so that by proclaiming your joyful promises to all nations and singing of your glorious hope; all people will know the power of love at work in the world, and we may become one living body, your incarnate presence on earth. 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:

- Blessing members of your church community
- Praising God for his faithfulness through the ages
- Asking that all of creation would be blessed and come under the Lordship of Jesus

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 120-122	Luke 4:14-21
Monday	Psalm 132-133	Jeremiah 36:1-10
Tuesday	Psalm 139	2 Corinthians 7:2-12
Wednesday	Psalm 144	Jeremiah 36:27-32
Thursday	Exodus 15:1-18	2 Chronicles 34:1-7
Friday	Psalm 3-4	Acts 19:1-10
Saturday	Psalm 10	2 Chronicles 36:11-21

FOURTH SUNDAY AFTER EPIPHANY

Sunday February 3 – Saturday February 9

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, who knows us to be set in the midst of so many temptations and surrounded by great dangers, and who knows that due to the frailty of our nature we cannot always stand upright: Grant to us such strength and protection to support us in all dangers, and carry us through all temptations; 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, 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 His holiness
- Asking our King to return in glory
- Welcoming the transforming presence of God to continually shape you into the image of Christ

EVENING PRAYER

Holy God, you gather the whole universe into your radiant presence and continually reveal your Son as our Savior. Bring healing to all wounds, make whole all that is broken, speak truth to every illusion, and shed light wherever there is darkness; so that all creation will see your glory and know your love. 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:

- Praying for faith to believe more fully in the promises of God
- Blessing friends, family, and neighbours
- Asking for grace to obey the commands of God

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 17	Luke 4:21-30
Monday	Psalm 20-21	1 Kings 17:8-16
Tuesday	Psalm 26	1 Corinthians 14:13-25
Wednesday	Psalm 31-32	Jeremiah 1:11-19
Thursday	Psalm 36	Numbers 20:22-29
Friday	Psalm 39	Acts 9:26-31
Saturday	Psalm 45-46	Judges 3:7-11

FIFTH SUNDAY AFTER EPIPHANY

Sunday February 10 – Saturday February 16

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, we humbly ask you to keep your Church and household continually in the truth; that they who lean only on the hope of your heavenly grace may always be defended by your mighty power; 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, 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:

- Blessing members of your immediate family
- Asking the Holy Spirit to open up the Scriptures to you, that you would understand God's word
- Praying for freedom for those who are afflicted with unhealthy relationship patterns

EVENING PRAYER

Everlasting God, you give strength to the powerless and power to the faint. You raise up the sick and the dying, and you set free those who are oppressed by evil. Make us, your People, agents of healing and wholeness, that the good news of Jesus may be made known to the ends of the earth. 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:

- Blessing those who are in authority over you
- Praying that Jesus would be exalted in our nation
- Thanking God for allowing himself to be known

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 51-52	Luke 5:1-11
Monday	Psalm 57-58	Judges 5:1-11
Tuesday	Psalm 64-65	2 Timothy 3:1-9
Wednesday	Psalm 69:1-18	Isaiah 8:1-15
Thursday	Psalm 72	Jeremiah 13:12-19
Friday	Psalm 77	1 Peter 1:13-25
Saturday	Psalm 81-82	Jeremiah 17:1-4

SIXTH SUNDAY AFTER EPIPHANY

Sunday February 17 – Saturday February 23

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, we humbly ask you to hear the prayers of your people; that we who are justly punished for our offenses may be mercifully delivered by your goodness, for the glory of your name; through Jesus Christ our Saviour, who lives and reigns with you and the Holy Spirit, ever 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, 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:

- Blessing the Christian churches of our city
- Asking the Lord to guide the staff and elders of our church
- Thanking God for his plan of salvation

EVENING PRAYER

Light of life, you came in flesh. You were born into human pain and joy, and you gave us power to be your children. Grant us the eyes of faith, O Christ, to see your presence among us and to be living emblems of your love; so that all of creation may sing new songs of gladness and walk in the way of peace. 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:

- Welcoming the love of the Father
- Praising God for the gift of the Holy Spirit
- Interceding for the needs of friends and neighbours

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 88	Luke 6:17-26
Monday	Psalm 91	2 Kings 24:18-25:21
Tuesday	Psalm 97	2 Corinthians 1:12-22
Wednesday	Psalm 103	Jeremiah 22:11-19
Thursday	Psalm 105:23-45	Genesis 43:16-34
Friday	Psalm 107:17-43	1 John 2:12-17
Saturday	Psalm 112	Genesis 44:18-34

SEVENTH SUNDAY AFTER EPIPHANY

Sunday February 24 – Saturday March 2

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord God, who sees that we do not put our trust in the work of our hands:
Mercifully grant that by your great power we may be defended against all
adversity; 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, 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:

- Thanking God for his great deliverance
- Asking that God would fill you with confidence in him and boldness to proclaim his gospel
- Praising God for the beauty of his creation

EVENING PRAYER

God, our Father, our eyes look to you; the one who knows all and sees all. You know our hearts and you perceive our every thought. Help us to trust in your ways, for you are the Good Shepherd who cares for our souls. Graft into our hearts a love for your name, and nourish us with your goodness. Preserve us by your great mercy; through Jesus Christ our Lord. 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 his extravagant love
- Thanking God for the breath of his Spirit and the gift of eternal life
- Blessing your home and each member of your family

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 117	Luke 6:27-38
Monday	Psalm 119:49-72	Genesis 33:1-17
Tuesday	Psalm 119:129-144	1 Corinthians 11:17-33
Wednesday	Psalm 123-125	Leviticus 5:1-13
Thursday	Psalm 134-135	Deuteronomy 9:1-5
Friday	Psalm 5-6	Acts 10:1-8
Saturday	Psalm 11-12	Deuteronomy 9:15-24

EIGHTH SUNDAY AFTER EPIPHANY - TRANSFIGURATION

Sunday March 3 – Tuesday March 5

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, who has taught us that all of our works should be done in love: send your Holy Spirit, and pour into our hearts that most excellent gift of love – the very bond of peace and of all virtues. Grant this for the sake of your Son, our 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, 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:

- Thanking God for the gift of eternal life
- Praising God for his victory over all evil
- Praying for freedom for those who are afflicted by spiritual forces of evil

EVENING PRAYER

Holy God, mighty and immortal, you are beyond our comprehension, yet you have enabled us to see your glory in the face of Jesus Christ, whose compassion illuminates the world. Transform us into the likeness of the love of Christ, who renewed our humanity so that we may share in his divinity. The same Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God 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, 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:

- Asking that God would fill you with passion for mission
- Praying that your heart would be responsive to the leading of the Holy Spirit
- Thanking God for his provision in your life

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalms 18:1-24	Luke 9:28-43
Monday	Psalms 22	Exodus 35:1-29
Tuesday	Psalms 27	Acts 10:9-33

ASH WEDNESDAY & THE FIRST DAYS OF LENT

Wednesday March 6 – Saturday March 9

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, 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:

- 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, 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:

- 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 33	Matthew 6:1-21
Thursday	Psalm 37:1-22	Exodus 5:10-23
Friday	Psalm 40-41	Acts 7:35-42
Saturday	Psalm 47-48	Ecclesiastes 3:1-8