

SEASONAL INTRODUCTION — ORDINARY TIME

Following Pentecost Sunday, we enter into Ordinary Time. In the Church liturgical year it is the longest season, taking us through until Advent. This season is represented by the colour green, symbolizing hope and growth. We have embraced the high points of the Church calendar, but no less important is this period of time in which we focus on growth, consistency and maturity as we immerse ourselves in the finished work of Christ.

Many times in Scripture, a believer's life is compared with the growth of a tree (Psalm 1, Jeremiah 17) and our "success" or the result of living in Christ is portrayed as fruit (John 15, Galatians 5:22,23). Maturity in Christ cannot be rushed. We prepare the soil of our hearts, but ultimately it is a work of the Spirit that allows fruit to grow in us. This is precisely the heart of the early Church as we see in the book of Acts: "They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers." (Acts 2:42). Accordingly, this is a season that beckons us to commune with the Body and unite more deeply with the Lord in Eucharist, to celebrate our daily call to follow Christ by immersing ourselves in the Holy Scriptures and to grow in our devotion to prayer. In embracing this stance as believers, by the grace and power of the Holy Spirit upon us, we can endeavor to become extraordinary messengers of the Gospel, as we've been commissioned to be through baptism in Christ.

The season of Ordinary Time is an opportunity for us to unitedly commit to growth and maturation that will, in turn, impact our families, church body, and mission. We hope that this prayer guide will be a helpful tool in your pursuit of healthy habits of prayer and Scripture reading. It is our desire that together, we would "...grow up in every way into Him who is the head, into Christ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love." (Ephesians 4:15,16)

FIRST SUNDAY AFTER PENTECOST — TRINITY SUNDAY

Sunday May 27 – Saturday June 2

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty and everlasting God, who has given unto us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity, and in the power of the Divine Majesty to worship the Unity: We humbly ask you, that this holy faith may always be our defence against all adversities; who lives and reigns, 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:

- Praising God for His grace at work in you and your family
- Welcoming the Presence of God into your home
- Asking the Holy Spirit to be with all the faithful Christians around the world that are being persecuted

EVENING PRAYER

Holy Lord, our Heavenly Father, you who are the giver of all goodness, send your grace to us that we may worship, serve, and obey as we ought. You are a light unto our path, the hope of our hearts, and we ask that you would guide us into all truth, by the power and working of your Holy Spirit. Awaken our faith and let us bear witness to the power of the cross in word and deed, to the glory of your name, Father, Spirit and 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, 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 grace to walk in humble awareness of the inheritance of faith passed down to us through the ages
- Repenting for the sins committed throughout the day
- Asking for strength and unity in the Body of Christ across our nation

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 120-122	John 3:1-17
Monday	Psalm 132-133	Numbers 9:15-23
Tuesday	Psalm 139	1 Corinthians 2:1-10
Wednesday	Psalm 144	Numbers 6:22-27
Thursday	1 Samuel 2:1-10	Exodus 31:12-18
Friday	Psalm 3-4	Romans 8:31-39
Saturday	Psalm 10	Leviticus 24:5-9

SECOND SUNDAY AFTER PENTECOST

Sunday June 3 – Saturday June 9

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, the strength of all that put their trust in you: Mercifully accept our prayers; and because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; 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 the exaltation of Jesus and His glorious plan of redemption and reconciliation
- Thanking God for His unending mercy and kindness
- Asking that God would send labourers for the harvest

EVENING PRAYER

Merciful God, Lord of Heaven and Earth, We delight in your will and we earnestly desire that we would walk in your ways. Let us abide fully in you, that we would bear much fruit. Fill us with your love, that we would love one another, as you have loved us. Guide us in the ways of peace, that we would be witnesses of your Good News to the world. Keep us and preserve us, that our lives would be as a fragrance of Christ to the lost; wholly pleasing to

you. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever 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 yours is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Thanking God for the many blessings of life in Canada
- Asking for grace to abide in Christ
- Praying for strength in areas where you feel weak

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 17	Mark 2:23-3:6
Monday	Psalm 20-21	Exodus 16:13-26
Tuesday	Psalm 26	Acts 15:1-35
Wednesday	Psalm 31-32	1 Samuel 21:1-6
Thursday	Psalm 36	Isaiah 28:9-13
Friday	Psalm 39	2 Corinthians 5:1-5
Saturday	Psalm 45-46	Genesis 2:4-17

THIRD SUNDAY AFTER PENTECOST

Sunday June 10 – Saturday June 16

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, who never fails to help and govern those who dwell in your steadfast fear and love: Keep us, we humbly ask, under the protection of your good providence, and make us to have a perpetual fear and love of your holy Name; 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 sovereignty
- Asking God for the strength to be obedient to His will for you today
- Blessing the staff and elders of our church

EVENING PRAYER

Almighty, Everlasting God, we turn our hearts to you in humble repentance. Show us your ways, and cause our hearts to desire only you. Let the radiance of your coming enliven us to walk worthy of the calling which you have called us to; that we would become a glorious Bride, unified and walking in the light, through the power of your Spirit. Fill us with the love of your wisdom, that we may bear fruit in the beauty of holiness, like a tree watered by running streams. In your Holy name, 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 yours is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Praising God for his unending wisdom
- Praying that the Lord would instill in you a heart for unity – for exalting others above yourself
- Waiting in joyful expectation for all of creation to bow to Christ our ruling King

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalms 51-52	Mark 3:20-35
Monday	Psalms 57-58	1 Samuel 16:14-23
Tuesday	Psalms 64-65	Revelation 20:7-15
Wednesday	Psalms 69:1-18	Isaiah 26:16-7:1
Thursday	Psalms 72	Genesis 3:14-24
Friday	Psalms 77	Hebrews 11:4-7
Saturday	Psalms 81-82	2 Kings 14:1-14

FOURTH SUNDAY AFTER PENTECOST

Sunday June 17 – Saturday June 23

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O Lord, we humbly ask you mercifully to hear us; and grant that we, to whom you have given a hearty desire to pray, may by your mighty aid be defended and comforted in all dangers and adversities; 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

Most Holy God, King over all creation, kindle within us the fire of your love; that we would walk with a true faith, a firm hope and a sincere and perfect love. Make us truly humble, as we turn our hearts towards you, in earnest expectation of the working of your Spirit, whom you have poured out upon us with immeasurable grace. That by you, through you, and in you, we have our being. Make us ministers of reconciliation, as we daily receive and delight in your great mercy. To the praise and glory of the Godhead: 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, 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 prayer, that he’s made himself accessible
- Asking God to lead you into righteousness
- Praying that God would fill your heart with love for your neighbour

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 88	Mark 4:26-34
Monday	Psalm 91	Ezekiel 31:1-12
Tuesday	Psalm 97	Revelation 21:22-22:5
Wednesday	Psalm 103	Jeremiah 22:1-9
Thursday	Psalm 105:23-45	Job 29:1-20
Friday	Psalm 107:17-43	Acts 21:1-16
Saturday	Psalm 112	Job 37:1-13

FIFTH SUNDAY AFTER PENTECOST

Sunday June 24 – Saturday June 30

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, the protector of all that trust in you, without whom nothing is strong, and nothing is holy: Increase and multiply your mercy upon us so that, with you as our ruler and guide, we may pass through all things temporal, without losing hold of the things eternal. Grant this, Heavenly Father, for Jesus Christ's sake 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 our Risen King for His authority over all things
- Blessing every member of your family
- Asking the Holy Spirit to open the Scriptures to you

EVENING PRAYER

O Living King, you have granted us new birth and have called us to walk in abundance of life. Fill us with the power of the Spirit to endure all things through faith in Christ, our Risen Lord. Set us firm on the foundation of your love, and send your light and truth to lead us, that we would delight in your ways and unitedly glorify you as one Body, in the name of the Father, Son and Spirit we pray, 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:

- Thanking God for his fatherly protection over you and your family
- Asking that God would speak to you through dreams as you sleep
- Praying for members of your community

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 117	Mark 4:35-41
Monday	Psalm 119:49-72	Exodus 7:14-24
Tuesday	Psalm 119:129-144	Acts 27:39-44
Wednesday	Psalm 123-125	Joshua 10:1-14
Thursday	Psalm 134-135	Lamentations 1:16-22
Friday	Psalm 140	2 Corinthians 8:1-7
Saturday	Psalm 145-146	Lamentations 2:18-22

SIXTH SUNDAY AFTER PENTECOST

Sunday July 1 – Saturday July 7

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Grant, O Lord, we humbly request, that the course of this world may be so peaceably ordered by your governance, that your Church may joyfully serve you in all godly quietness; 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 plan of redemption
- Thanking God for the love that He has poured out on His people, the Church
- Asking for His presence to increase in our church, city, province and nation

EVENING PRAYER

Most High God, who through the grace of adoption chose us to be children of light, grant that we may ever increase in hope, faith and charity, and that we may be ever watchful in keeping your commands. Show us your favour, that we may enter into our inheritance as sons and daughters, that through the renewal by your Spirit, we might bring forth fruit in patience, 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, 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 making himself known to you in tangible ways
- Blessing friends, family, and neighbours
- Asking for grace to obey the commands of God

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 5-6	Mark 5:21-43
Monday	Psalm 11-12	Leviticus 21:1-15
Tuesday	Psalm 18:1-24	2 Corinthians 9:1-5
Wednesday	Psalm 22	2 Kings 20:1-11
Thursday	Psalm 27	Jeremiah 7:1-15
Friday	Psalm 33	2 Corinthians 10:7-18
Saturday	Psalm 37:1-22	Jeremiah 7:27-34

SEVENTH SUNDAY AFTER PENTECOST

Sunday July 8 – Saturday July 14

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, who has prepared goodness which extends beyond man's understanding for those that love you: Pour into our hearts such love toward you, that we, loving you above all things, may obtain your promises, which exceed all that we can desire; 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 as the great Healer and Provider
- Blessing the various churches in our nation
- Asking that God would fill you with confidence in Him and boldness to proclaim Him

EVENING PRAYER

Sovereign Lord, you brought mankind the gift of reconciliation. Inscribe upon our hearts the heavenly, eternal hope of the restoration of all things. That by the power of your Spirit upon us, we would boldly proclaim the truth of the Gospel and see healing, deliverance and wholeness ministered to a broken world. Fill your Church with a lasting joy, enduring faith and abiding love, to the praise and 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 yours is the kingdom, the power and the glory, forever and ever,
Amen.

CLOSING PRAYER

Focus on:

- Thanking God for the sure hope of the resurrection
- Praying for faith to believe more fully in the promises of God
- Repenting for ways in which you have wronged others

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 40-41	Mark 6:1-13
Monday	Psalm 47-48	Ezekiel 2:8-3:11
Tuesday	Psalm 53-54	James 5:7-12
Wednesday	Psalm 59	Jeremiah 16:14-21
Thursday	Psalm 66	Amos 2:6-16
Friday	Psalm 69:19-36	Colossians 4:2-18
Saturday	Psalm 73	Amos 4:6-13

EIGHTH SUNDAY AFTER PENTECOST

Sunday July 15 – Saturday July 21

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Lord of all power and might, who is the author and giver of all good things:
Graft in our hearts the love of your Name, increase in us true religion, nourish
us with all goodness, and of your great mercy keep us in 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:

- Praising Christ as the full revelation of God
- Thanking God for His unending mercy and kindness
- Praying that the Lord's grace would be upon every pastor and member of clergy in our city

EVENING PRAYER

Living God, Saviour of all mankind, you are the fullness of life, of holiness, and of joy. Pursue us, O Lord, we humbly ask, with heavenly gifts so that we might walk in freedom. Make us strong in the grace that is in Christ Jesus, that we would daily grow in His likeness, serve with humility, and ceaselessly proclaim your praise. All honour 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, 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
- Asking for opportunities to care for the poor and the broken
- Blessing current and former leaders in all areas of life

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 78:1-39	Mark 6:14-29
Monday	Psalm 83	Amos 5:1-9
Tuesday	Psalm 89:1-18	Acts 23:12-35
Wednesday	Psalm 92-93	Amos 9:11-15
Thursday	Psalm 98-99	Jeremiah 10:1-16
Friday	Psalm 104:1-13	Acts 17:16-31
Saturday	Psalm 106:1-23	Jeremiah 12:1-13

NINTH SUNDAY AFTER PENTECOST

Sunday July 22 – Saturday July 28

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, whose never failing providence orders all things both in heaven and on earth: We humbly ask you to put away from us all hurtful things, and to give us those things which are profitable for 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:

- Repentance for sins committed this week, known or unknown
- Trusting God in every area of your life
- Asking for boldness to proclaim the gospel in word and deed

EVENING PRAYER

All powerful and Ever-living God, you bestowed upon the world your abundant grace, inviting us into union with Christ, that we might live as agents of healing and wholeness. May everything we do begin with your inspiration and be completed through your saving help. Keep us from all adversity, that we may faithfully offer you right and praiseworthy service, in the unity of the 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:

- Thanking God for his beautiful creation
- Identifying areas in your life that need the healing mercy of Christ
- Praying for courage for those facing persecution for Christ's name – that they would be able to stand firm in the faith

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 108	Mark 6:30-56
Monday	Psalm 113-114	Jeremiah 50:1-7
Tuesday	Psalm 118	Acts 20:17-38
Wednesday	Psalm 119:73-78	2 Samuel 5:1-12
Thursday	Psalm 119:145-160	1 Kings 19:19-21
Friday	Psalm 126-128	Colossians 3:12-17
Saturday	Psalm 136	2 Kings 4:38-44

TENTH SUNDAY AFTER PENTECOST

Sunday July 29 – Saturday August 4

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Grant to us your Spirit, O Lord, we humbly ask, to think and do always such things as be right; that we, who cannot do any thing that is good without you, may by you be enabled to live according to your will; 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
- Praying for unity in the Body of Christ in our nation
- Thanking God that His plan of salvation includes all people

EVENING PRAYER

Lord of heaven and earth, we rejoice in the great hope to which we have been called and in the tremendous power made available, by your Holy Spirit. We delight in your marvellous kindness, and boldly approach your throne of grace, believing that you are mindful of our needs. Grant that we might share our life and love with those who have not yet come to the knowledge of Christ, that your glory may be seen in all 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:

- Praising Christ for his authority over all things
- Blessing your home church
- Asking for the hope of his coming Kingdom to rise in your heart

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 141-142	John 6:1-21
Monday	Psalm 147-148	Genesis 18:1-15
Tuesday	Jonah 2:2-9	Romans 15:22-33
Wednesday	Psalm 7-8	Isaiah 25:6-12
Thursday	Psalm 13-14	Exodus 12:33-42
Friday	Psalm 18:25-50	1 Corinthians 11:27-34
Saturday	Psalm 23	Exodus 13:3-10

ELEVENTH SUNDAY AFTER PENTECOST

Sunday August 5 – Saturday August 11

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions, make them to ask such things that are pleasing to you; 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
- Receiving the righteousness of Christ
- Asking the Holy Spirit to open up the Scriptures to you, that you would understand God's word

EVENING PRAYER

Heavenly Father, you have lavishly poured out your mercy upon us and adopted us as sons and daughters. Grant us humility of heart, that we would receive Christ and walk in Him, that we may be rooted and built up in Him, and established in the faith. Fill our hearts with your love, that we may be imitators of God, walking in love for one another, so that we may glorify you as one body, in the name of God: 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, 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 infinite mercy and compassion
- Praying that your will would bend to line up with his will
- Remembering specific times when God has powerfully been at work in your life

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 28-29	John 6:22-35
Monday	Psalm 34	Numbers 11:16-35
Tuesday	Psalm 37:23-40	1 Corinthians 12:27-31
Wednesday	Psalm 42-43	Isaiah 55:1-9
Thursday	Psalm 49	1 Samuel 28:20-25
Friday	Psalm 55	Galatians 6:1-10
Saturday	Psalm 60-61	1 Kings 2:1-9

TWELFTH SUNDAY AFTER PENTECOST

Sunday August 12 – Saturday August 18

MORNING PRAYER

(Adapted from the BCP Collect 1662)

O God, who declares your almighty power most chiefly in showing mercy and pity: Mercifully grant unto us such a measure of your grace, that we, running the way of your commandments, may obtain your gracious promises and be made partakers of your heavenly treasure; 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 awesome power
- Praying that Jesus would be exalted in our nation
- Asking for God's power to be revealed in your home, your family, and your friends and neighbors

EVENING PRAYER

God our Saviour, through your great grace, salvation has appeared to all men. Teach us to walk according to the hope of eternal life, as heirs who have been redeemed from every lawless deed. Purify us as your own special people, making us zealous for good works. Renew us by your Holy Spirit, and fill us with all goodness, righteousness and truth. 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:

- Thanking God for the covenantal blessings of baptism
- Praising God for his faithfulness
- Repenting for all the ways which you have neglected your high calling as a son or daughter

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 67	John 6:35-51
Monday	Psalm 70	1 Kings 17:1-16
Tuesday	Psalm 74	2 Peter 3:14-18
Wednesday	Psalm 78:40-72	Jeremiah 31:1-6
Thursday	Psalm 84-85	Job 11:1-20
Friday	Psalm 89:19-52	Romans 16:17-20
Saturday	Psalm 94	Job 13:1-19

THIRTEENTH SUNDAY AFTER PENTECOST

Sunday August 19 – Saturday August 25

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty and everlasting God, who is always more ready to hear than we are to pray, and is wont to give more than either we desire or deserve: Pour down upon us the abundance of your mercy; forgiving us of those things where our conscience is afraid, and giving us those good things which we are not worthy to ask, but through the merits and mediation of Jesus Christ, your Son, 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 the gift of His Spirit and the gift of eternal life
- Blessing the political leaders of our city, province, and nation
- Asking that God would give you opportunities to glorify Him

EVENING PRAYER

Almighty Father, you have made us accepted in the Beloved and blessed us with every spiritual blessing in the heavenly places in Christ. Grant that we would know the mystery of your will, so that we would walk according to the purposes of your kingdom. Equip us for the work of the ministry, until we all come to the unity of the faith and the knowledge of the Son of God, to the measure of the stature of the fullness of Christ. We give you all the glory and honour, 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, 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 generous providence
- Blessing those who have hurt you
- Asking that Christ’s name would be exalted in our nation

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 100-101	John 6:51-58
Monday	Psalm 104:14-35	Genesis 43:1-15
Tuesday	Psalm 106:24-48	Acts 7:9-16
Wednesday	Psalm 109	Genesis 47:13-26
Thursday	Psalm 115	Joshua 22:1-9
Friday	Psalm 119:1-32	Romans 13:11-14
Saturday	Psalm 119:89-104	Joshua 22:21-34

FOURTEENTH SUNDAY AFTER PENTECOST

Sunday August 26 – Saturday September 1

MORNING PRAYER

(Adapted from the BCP Collect 1662)

Almighty and merciful God, who graciously enables your faithful people to offer you true and praiseworthy service: Grant, we humbly ask, that we may so faithfully serve you in this life, that we do not fail to finally attain to your heavenly promises; through the merits of 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:

- Worshiping Christ, your Saviour and King
- Praying for a restoration of hope in our nation
- Asking for God's power to be revealed among your coworkers and neighbours

EVENING PRAYER

Sovereign Lord, you are the source of all good things and you never change. We ask that your mercy would enfold us, your truth enlighten us, and that your Spirit would rest upon us that we might bring glory to your name. Grant us your favour, that we would walk as dearly beloved sons and daughters in whom you are well pleased. 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:

- Thanking God for the breath of his Spirit and the gift of eternal life
- Blessing the elders of our church
- Asking God to lead you to deeper places in prayer

SUGGESTED SCRIPTURE READINGS:

	Morning	Evening
Sunday	Psalm 119:161-176	John 6:56-69
Monday	Psalm 129-131	Nehemiah 9:1-15
Tuesday	Psalm 137-138	Ephesians 6:21-24
Wednesday	Psalm 143	Isaiah 33:10-16
Thursday	Psalm 149-150	Exodus 32:1-14
Friday	Luke 1:46-55	James 1:9-26
Saturday	Psalm 1-2	Exodus 34:8-28

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

