



LENT

FEBRUARY 14–MARCH 30, 2024 | VOLUME 6 | ISSUE 3

PRAYERS

for Morning & Evening

PRACTICES

for Mind, Body & Spirit

GALLERY

for Contemplation

SONGBOOK

for Adoration





SUNDAY

Call

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

Psalm 51:15

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

FEB 18

PS. 25

GEN. 9:8–17

MARK 1:9–15;

1 PET. 3:18–22

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the New Testament passage of the day.

FEB 25

PS. 22

GEN. 17:1–7, 15–16

MARK 8:31–38;

ROM. 4:13–25

Prayer

Teach me to walk in your footsteps.
Your footsteps lead through the wilderness
of temptation.

MAR 3

PS. 19

EXOD. 20:1–17

JOHN 2:13–22;

1 COR. 1:18–25

Your footsteps mark my way.
Teach me to walk in your footsteps.

Your footsteps lead to victory over Satan.
Your footsteps are my inheritance, by faith.

Teach me to walk in your footsteps.

Your footsteps lead to resurrection.
Your footsteps are my freedom, and my
healing.

Teach me, Jesus, to walk in your footsteps,
and lead me out.

Lord God, in your mercy, lead me out.

From Canyon Road: A Book of Prayer by Kari Kristina Reeves

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For a wonder at the passion and cross of Christ, who suffered for our sake
- For those who walk as enemies of Jesus and his body, the church
- For those who worship in nursing homes

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

Benediction

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. May you go forward in the power of God at work within you.

Adapted from Ephesians 3:20–21



Call

I cry aloud to God, aloud to God,
and he will hear me.

Psalm 77:1

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the Old Testament passage of the day.

Prayer

Lord, give strength to those who seek to
serve you and your kingdom on earth;
give grace to those who would show the
needy your saving power in the land;
give love to those who would share
the glory of the suffering servant Jesus
Christ in peoples' lives. For yours is the
kingdom and the power and the glory.

A prayer of Jimmy Palos of South Africa, taken from *Oceans of Prayer*

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

Pray for the known needs of your church,
neighborhood, city, and world.

Benediction

The LORD has taken away the
judgments against you; he has cleared
away your enemies. The King of Israel,
the LORD, is in your midst; you shall
never again fear evil. Rest now in the
presence of the King in your midst.

Adapted from Zephaniah 3:15

MAR 10

PS. 107:1–3, 17–22

NUM. 21:4–9

JOHN 3:14–21;

EPH. 2:1–10

MAR 17

PS. 119:9–16

JER. 31:31–34

JOHN 12:20–33;

HEB. 5:5–10

MAR 24

Palm Sunday

PS. 118:1–2, 19–29

ISA. 50:4–9A

JOHN 12:12–16;

PHIL. 2:5–11



MONDAY

Call

O LORD, I cry to you;
in the morning my prayer comes before you.

Psalm 88:13

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

FEB 19

PS. 53

1 KINGS 5

MARK 2:18–28

FEB 26

PS. 59

1 KINGS 10

MARK 5:21–43

MAR 4

PS. 65

1 KINGS 16

MARK 8:22–9:1

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the Old Testament passage of the day.

Prayer

Servant-Christ, help us to follow you deep into the waters of baptism; to link our lives with all those grieved about man's unjust way of life; to break free from the chain of past wrongs; to become fit to face your coming new age; to be renewed by your Spirit, anointed to preach good news to the poor, the oppressed, and the prisoner:
Help us to follow you, Christ the servant.

Help us to follow you far into the desert, with you to fast, denying false luxury, refusing the tempting ways of personal satisfaction, and unscrupulous persuasion:
Help us to follow you, Christ the servant.

Help us to follow you in untiring ministry to town and village, to heal and restore the broken body of humanity, to cast out the demonic forces of greed, resentment, communal hatred, and self-destructive fear:
Help us to follow you, Christ the servant.

The first portion of the Litany of the Disciples of the Servant used at Andhra Theological College, Hyderabad, India, taken from *Morning, Noon and Night*

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For a heart that acknowledges and enjoys the presence of Jesus
- For those who lead your congregation
- For activists and community organizers

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

Benediction

Blessed are those who hunger and thirst for righteousness, for they will be filled. May the Lord bless you and may you hunger for his kingdom.

Adapted from Matthew 5:6



Call

I call upon the LORD,
who is worthy to be praised,
and I am saved from my enemies.

Psalm 18:3

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the New Testament passage of the day.

Prayer

Confession: God, Son of God, so loving,
yet hated, so patient, yet assaulted and
killed, you showed yourself gentle and
merciful even to your persecutors. You have
atoned for our sins through the wounds of
your passion. As you humbled yourself and
suffered death for us, now, in your glory,
shine on us with the eternal brightness of
your grace. Show us where we have been
wrong and forgive us our many sins. Amen.

*Adapted from a prayer of the Mozarabic church,
taken from *Prayers through the Centuries**

Assurance: I have been crucified with
Christ. It is no longer I who live, but Christ
who lives in me. And the life I now live in
the flesh I live by faith in the Son of God,
who loved me and gave himself for me.

Galatians 2:20

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end of this day. Enjoy communion with the living God:

Father, Son, and Holy Spirit. Listen for the voice of God in the

scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

Pray for the known needs of your church,
neighborhood, city, and world.

Benediction

Jesus Christ is the same yesterday and
today and forever. Rest tonight in the
unchangeable love of our Lord Jesus.

Adapted from Hebrews 13:8

MAR 11

PS. 71

1 KINGS 22

HEB. 3

MAR 18

PS. 77

2 KINGS 6

HEB. 9

MAR 25

Holy Monday

PS. 36

ISA. 42:1–9

JOHN 12:1–11;

HEB. 9:11–15



TUESDAY

Call

The Spirit helps us in our weakness.
For we do not know what to
pray for as we ought,
**but the Spirit himself intercedes for us
with groanings too deep for words.**

Romans 8:26

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

FEB 20

PS. 54

1 KINGS 6

MARK 3:1-21

FEB 27

PS. 60

1 KINGS 11

MARK 6:1-29

MAR 5

PS. 66

1 KINGS 17

MARK 9:2-32

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57-61.

Lesson

Read the New Testament passage of the day.

Prayer

Servant-Christ, help us to follow
you into the place of quiet retreat,
to intercede for the confused, the
despairing, the anxiety-driven, to prepare
ourselves for costly service with you:
Help us to follow you, Christ the servant.

Help us to follow you on the road to
Jerusalem, to set our faces firmly against
friendly suggestions for a safe, expedient
life, to embrace boldly the way of self-
offering, of life given for others' gain:
Help us to follow you, Christ the servant.

Help us to follow you into the city, to
claim its whole life for God whose

image men and women bear, to confront
the ambitions of the power-hungry,
the inhuman orthodoxy of the legalist,
with the startling message of your
present action, your living power:
Help us to follow you, Christ the servant.

The second portion of the Litany of the Disciples of the Servant
used at Andhra Theological College, Hyderabad, taken from
Morning, Noon and Night

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

*Pause at the start of a new day. Enjoy communion with the living
God: Father, Son, and Holy Spirit. Listen for the voice of God in
the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.*

PROMPTED PRAYER

- For peace in the midst of
an anxious world
- For the witness of your
congregation in its place
- For racial justice, reparation,
and healing

THE LORD'S PRAYER

Our Father who art in heaven, hallowed
be thy name. Thy kingdom come, thy
will be done, on earth as it is in heaven.
Give us this day our daily bread; and forgive
us our debts, as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the
power and the glory, forever. Amen.

Benediction

The Son of Man came not to be
served but to serve, and to give his
life as a ransom for many. Depart
now in peace to serve in his name.

Adapted from Mark 10:45



Call

Blessed be God,
because he has not rejected my prayer
or removed his steadfast love from me!

Psalm 66:20

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the Old Testament passage of the day.

Prayer

Give me yourself, O my God; give yourself
to me. Behold, I love you, and if my love
is too weak a thing, grant me to love you
more strongly. I cannot measure my love
to know how much it falls short of being
sufficient, but let my soul hasten to your
embrace and never be turned away
until it is hidden in the secret shelter
of your presence. This only do I know,
that it is not good for me when you
are not with me, when you are only
outside me. I want you in my very self.
All the plenty in the world which is
not my God is utter want. Amen.

A prayer of Augustine (354–430) of Hippo (present-day
Algeria)

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end of this day. Enjoy communion with the living God:

Father, Son, and Holy Spirit. Listen for the voice of God in the

scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

Pray for the known needs of your
church, neighborhood, city, and world.

Benediction

Blessed be the LORD, the God of Israel,
from everlasting to everlasting! And let
all the people say, "Amen!" May you rest
now in the everlasting love of the Lord.

Adapted from Psalm 106:48

MAR 12

PS. 72

2 KINGS 1

HEB. 4

MAR 19

PS. 78

2 KINGS 7

HEB. 10

MAR 26

Holy Tuesday

PS. 71

ISA. 49:1–7

JOHN 12:20–36;

1 COR. 1:18–31



WEDNESDAY

Call

So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Romans 6:11

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son, and to the Holy Spirit; As it was in the beginning, is now, and ever shall be: world without end. Amen.

FEB 14

Ash Wednesday

JOEL 2:1-2, 12-17

PS. 51

MATT. 6:1-6, 16-21;

2 COR. 5:20B-6:10

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57-61.

Lesson

Read the Old Testament passage of the day.

FEB 21

PS. 55

1 KINGS 6

MARK 3:22-35

Prayer

Confession: O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments, we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules.

Now therefore, O our God, listen to the prayer of your servant and to my pleas for mercy. For we do not present our pleas before you because of our righteousness, but because of your great mercy. O Lord, hear; O Lord, forgive.

A prayer of Daniel the Prophet, adapted from Daniel 9:4-5, 17-19

FEB 28

PS. 61

1 KINGS 12

MARK 6:30-56

MAR 6

PS. 67

1 KINGS 18

MARK 9:33-50

Assurance: Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Hebrews 12:1-2

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For the wisdom that comes from remembering our mortality and limitations
- For those who have suffered an injury
- For those who are victims of human trafficking

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

Benediction

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

2 Corinthians 13:14

WEDNESDAY



Call

O God of our salvation, the hope of all the ends of the earth, you make the going out of the morning and the evening to shout for joy.

Psalm 65:5, 8

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son, and to the Holy Spirit;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the New Testament passage of the day.

Prayer

Lord, we bring you the troubles and perils of peoples and nations, the sighing of prisoners and captives, the sorrows of the bereaved, the needs of strangers, the helplessness of the weak, the tiredness of the weary, the failing powers of the aged. Lord, draw near to each; for the sake of Jesus Christ our Lord. Amen.

A prayer of Anselm of Canterbury, taken from

Prayers through the Centuries

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PRAYER OF MINDFULNESS

Throughout the history of the church, Christians have incorporated practices of prayer that call to mind God's presence in the moment, humbly and gratefully review the time that has passed, and look forward to the gift of another day. Pray through these prompts slowly, giving time to each step of the practice.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

Benediction

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

Numbers 6:24–26

MAR 13

PS. 73

2 KINGS 2

HEB. 5

MAR 20

PS. 79

2 KINGS 8

HEB. 11

MAR 27

Holy Wednesday

PS. 70

ISA. 49:13–16

JOHN 12:37–50;

HEB. 12:1–3



THURSDAY

Call

Humble yourselves before the Lord,
and he will exalt you.

James 4:10

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

FEB 15

PS. 50

1 KINGS 1

MARK 1:1–34

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

FEB 22

PS. 56

1 KINGS 7

MARK 4:1–34

Lesson

Read the New Testament passage of the day.

Prayer

Jesus, you cared for all the sick
who came to you.

FEB 29

PS. 62

1 KINGS 13

MARK 7:1–23

I want to care with loving compassion,
to attend to details with gentleness.
But I become weary and impatient,
angry and abrupt.

MAR 7

PS. 68

1 KINGS 19

MARK 10:1–52

It is hard to watch the suffering of someone
I love, hard to find energy for all I must do.
I grow discouraged and resentful.
Let me learn from your life of compassion.
Spirit of healing and comfort,
be with me in these difficult times.
Teach me to take time for myself,
to be gentle with my own limits,
to ask for help from others.
May your grace allow me to forgive
myself when I fail, to let go of my
expectations, to grieve all my losses.

Send your healing power to me
and the one for whom I care.
We trust in your love.

A prayer of Kathleen Fischer, taken from All Will Be Well

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

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God: Father, Son, and Holy Spirit. Listen for the voice of God in
the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.*

PROMPTED PRAYER

- For humility
- For the poor and oppressed
- For those who work in the
financial industry

THE LORD'S PRAYER

Our Father who art in heaven, hallowed
be thy name. Thy kingdom come, thy
will be done, on earth as it is in heaven.
Give us this day our daily bread; and forgive
us our debts, as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the
power and the glory, forever. Amen.

Benediction

I am the good shepherd. I know my
own and my own know me, just as
the Father knows me and I know the
Father; and I lay down my life for the
sheep. May you go from this place
following after the Good Shepherd.

Adapted from John 10:14–15

THURSDAY



Call

But you, O LORD, are a shield about me,
my glory, and the lifter of my head.

Psalm 3:3

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the Old Testament passage of the day.

Prayer

Divino compañero del camino
Tu presencia siento yo al transitar
Cristo ha disipado toda sombra
Ya tengo luz, la luz divina de tu amor
Quédate Señor, ya se hace tarde
Te ofrezco el corazón para posar
Hazlo tu morada permanente
Acéptalo, acéptalo, mi Salvador

O Lord, divine companion on this journey,
Your presence warms my heart
along the way.

Jesus, you have scattered every shadow.
I walk in light, your light divine,
light of your love.

Stay with me, O Lord, for it is evening;
The day is almost done, abide with me.

Savior of my soul, my heart I offer.

Make it your home, make it
your home eternally.

*A prayer adapted from the hymn “Divino compañero del cami-
no” (O Lord, Divine Companion) by Antonio Rivera of Mexico.*

English translation by Martin Tel. ©Antonio Rivera.

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end of this day. Enjoy communion with the living God:

*Father, Son, and Holy Spirit. Listen for the voice of God in the
scriptures. Read. Meditate. Pray. Contemplate. Seek God’s face.*

INTERCESSORY PRAYER

Pray for the known needs of your church,
neighborhood, city, and world.

Benediction

I myself will be the shepherd of my
sheep, and I myself will make them
lie down, declares the Lord GOD.
May you lie down in peace under
the care of the Good Shepherd.

Adapted from Ezekiel 34:15

MAR 14

PS. 74

2 KINGS 3

HEB. 6

MAR 21

PS. 80

2 KINGS 9

HEB. 12

MAR 28

Maundy Thursday

SEE PAGE 48



FRIDAY

Call

Our help is in the name of the LORD,
who made heaven and earth.

Psalm 124:8

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

FEB 16

PS. 51

1 KINGS 2

MARK 1:35–45

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

FEB 23

PS. 57

1 KINGS 8

MARK 4:35–41

Lesson

Read the Old Testament passage of the day.

Prayer

May my feet follow the
footsteps of God this day.

O God, may I do your will this day.

May my mouth praise the love
of God this morning.

O God, may I do your will this day.

May my ears hear the words
of God and obey them.

O God, may I do your will this day.

MAR 8

PS. 69

1 KINGS 20

HEB. 1

A prayer from the church in Japan, taken from *Your Will Be Done*

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For the courage to “take up our cross” and follow Jesus
- For safety for those who are traveling
- For those who work in agriculture

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

Benediction

And we know that the Son of God has come and has given us understanding, so that we may know him who is true; and we are in him who is true, in his Son Jesus Christ. He is the true God and eternal life. May you go forth from this place with understanding and truth in the presence of Christ.

Adapted from 1 John 5:20–21a



Call

Even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.

Psalm 139:12

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the New Testament passage of the day.

Prayer

My God, sometimes I cannot pray,
Nor can I tell why thus I weep;
The words my heart has framed
I cannot say,
Behold me prostrate at Thy feet.

Thou understandest all my woe;
Thou know'st the craving of my soul—
Thine eye beholdeth wheresoe'er I go;
Thou canst this wounded heart
make whole.

And oh! while prostrate here I lie,
And groan the words I fain would speak:
Unworthy though I be, pass not me by,
But let Thy love in showers break.

And deluge all my thirsty soul,
And lay my proud ambition low;

So while time's billows o'er me roll,
I shall be washed as white as snow.

Thou wilt not quench the smoking flax,
Nor wilt thou break the bruised reed;
Like potter's clay, or molten wax,
Mould me to suit Thy will indeed.

“Unuttered Prayer” by Josephine D. Henderson

Heard (1861–1924) of Salisbury, NC. Heard was
an African American poet and writer from the
African Methodist Episcopal (AME) tradition.

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end of this day. Enjoy communion with the living

*God: Father, Son, and Holy Spirit. Listen for the voice of God in
the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.*

INTERCESSORY PRAYER

Pray for the known needs of your church,
neighborhood, city, and world.

Benediction

Unless the LORD builds the house,
those who build it labor in vain. Unless
the LORD watches over the city, the
watchman stays awake in vain. It is in vain
that you rise up early and go late to rest,
eating the bread of anxious toil; for he gives
to his beloved sleep. May you experience
the sleep that the LORD gives his beloved.

Adapted from Psalm 127:1–2

MAR 15

PS. 75

2 KINGS 4

HEB. 7

MAR 22

PS. 81

2 KINGS 10

HEB. 13

MAR 29

Good Friday

SEE PAGE 50



SATURDAY

Call

He regards the prayer of the destitute and does not despise their prayer.

Psalm 102:17

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

FEB 17

PS. 52

1 KINGS 3

MARK 2:1-17

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57-61.

FEB 24

PS. 58

1 KINGS 9

MARK 5:1-20

Lesson

Read the New Testament passage of the day.

MAR 2

PS. 64

1 KINGS 15

MARK 8:1-21

CREED

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ,
his only Son, our Lord.

He was conceived by the power of the
Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended to heaven,
and is seated at the right hand
of the Father.

He will come again to judge
the living and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,

and the life everlasting. Amen.

The Apostles' Creed

Prayer

Teach me, my God, to suffer in peace the
afflictions which you send me that my soul
may emerge from the crucible like gold, both
brighter and purer, to find you within me.

A prayer of Teresa of Ávila, Spain (1515-1582)

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

*Pause at the start of a new day. Enjoy communion with the living
God: Father, Son, and Holy Spirit. Listen for the voice of God in the
scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.*

PROMPTED PRAYER

- For freedom from living for the approval of others
- For a life of simplicity and freedom from the love of money
- For the flourishing of all people in your place, from the womb to the tomb

THE LORD'S PRAYER

Our Father who art in heaven, hallowed
be thy name. Thy kingdom come, thy
will be done, on earth as it is in heaven.
Give us this day our daily bread; and forgive
us our debts, as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the
power and the glory, forever. Amen.

Benediction

As we share abundantly in Christ's
sufferings, so through Christ we share
abundantly in comfort too. May you
go throughout this day as a comforted
comforter in the name of Jesus.

Adapted from 2 Corinthians 1:5



Call

In peace I will both lie down and sleep;
for you alone, O LORD,
make me dwell in safety.

Psalm 4:8

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and
ever shall be: world without end. Amen.

Adoration

SILENCE OR SONG

Seasonal song selections can be found on pp. 57–61.

Lesson

Read the Old Testament passage of the day.

Prayer

Confession: Lamb of God, you take away
the sins of the world, have mercy on us.
Lamb of God, you take away the sins
of the world, have mercy on us.
Lamb of God, you take away the sins
of the world, grant us peace.

The Agnus Dei

Assurance: Christ, our Passover lamb, has
been sacrificed. Let us therefore celebrate
the festival, not with the old leaven, the
leaven of malice and evil, but with the
unleavened bread of sincerity and truth.

1 Corinthians 5:7–8

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

*Pause at the end of this day. Enjoy communion with the living
God: Father, Son, and Holy Spirit. Listen for the voice of God in
the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.*

PRAYER OF MINDFULNESS

1. Become aware of God's presence.
2. Review this past week with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the week and pray from it.
5. Look toward tomorrow and the beginning of a new week.

A PRAYER FOR SABBATH

Creator God,
on the seventh day you rested
and were refreshed.
Please help me now to enter into
the rest of your Sabbath,
that I may cease from my work
and delight in your care over my life
both now and forever,
Amen.

Benediction

Lord, you now have set your servants free
to go in peace as you have promised, for
these eyes of ours have seen the savior,
whom you have prepared for all the world
to see: a light to enlighten the nations,
and the glory of your people Israel. Glory
to the Father, and to the Son, and to the
Holy Spirit: as it was in the beginning,
is now, and will be forever. Amen.

The Nunc Dimittis (Song of Simeon), based on Luke 2:29–32

MAR 16

PS. 76

2 KINGS 5

HEB. 8

MAR 23

PS. 82

2 KINGS 11

JOHN 11:1–57

MAR 30

Holy Saturday

SEE PAGE 52



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The Daily Prayer Project's Living Prayer Periodicals feature daily morning and evening prayer guides for the week. These guides are used throughout the current season of the Christian year. Their simplicity, brevity, and repetition facilitate transformative patterns of prayer in everyday life.