



You shall be like a tree planted by streams of water. -Psalm 1

"The purpose of prayer is not to get God to do what we think God ought to do. The purpose of prayer is to be properly formed." – Brian Zahnd

# Introduction to Prayer

The Bible is one large, diverse, dynamic metanarrative – a huge story that takes us from creation, to fall, to the cross, to redemption. As Christians, it is the primary tool we have for learning to pray. Prayer puts us into that story and enlightens us to see what God is doing and to align our lives to His goodness. Prayer takes us into the story of God and teaches us to live.

However, this story doesn't come to us free and easy. We are immersed in many, many stories: the world, history, politics, our local communities, advertising, our families, and even our own personal stories (the ones that are true and the ones we tell ourselves). Our lives are full of the static of competing narratives. We'll never sort through all of this in quick, spiritual sound bites. Prayer forms us as we are formed in life – the slow, daily, grind of discipline. Discipline intentionally removes us from the rapid ebb and flow of our emotions and the blaring noise of other stories and into the predictable, stable rhythms of God's Word.

But we don't undertake this discipline alone. Rarely does discipline take hold when we set off by ourselves. We might pray for a short spell, but it almost certainly gets washed away in the demands of our lives - unless we know that we are joined by "a great cloud of witnesses." Prayer is fundamentally a communal activity; Jesus taught us to pray "Our Father." So we find a way to pray together.

Daily prayer puts the same words, the same story, the same discipline in all our mouths, our minds, and our hearts. We are all shaped into the same story and drawn together into a real community, with shared perspectives, values, and commitments. But we all bring our own selves to it, which means it will shape each of us uniquely. Communal prayer doesn't erase our individuality, but rather strengthens it into something more than ego. This is the work of the Holy Spirit. Only by the Spirit's work are we formed into a community and into our unique selves at the same time.

There are many excellent forms of prayer that can help us enter the story of God. So why create another one? We're glad you asked. This is Agrarian Daily Prayer. The unique purpose of this order of prayer is to show us the story of God who is the maker of Heaven and Earth and who walks this land with us. The Bible reveals God who

"became flesh and dwelt among us," God who redeems us and resurrects us in body and spirit, God who comes to us in the everyday elements of water, bread, and wine. From the creation of the world, to the promise of land and its role in salvation, to the Incarnation, to the salvation of the entire cosmos, we want to enter into a story of salvation that involves and includes the stuff we can taste, touch, and feel.

## The Basic Structure of Prayer

## Part 1 - The Parts that Don't Change.

We recognize that some parts of Scripture have shaped us in really important ways. Think of your favorite scripture passages: John 3:16, Psalm 23, "I know the plans I have for you," etc. These passages of Scripture are the foundation for our spirituality, and we return to them often for comfort and perspective. In prayer, we do well to build in some foundational passages that we can return to regularly. Regular repetition moves the message of Scripture from our minds to our hearts. In our efforts to have an agrarian faith, the repeating passages we've chosen have agrarian themes, that speak to the salvation of the entire cosmos, remind us of the inherent goodness of creation and God's love and faithfulness to it. If we are going to be agrarian disciples, we've got to be regularly in touch with God who meets us in the soil of our lives.

For generations, the **psalms** have been the backbone of Christian prayer. In them is every emotion known to humanity, and yet in them is the response of God. In ancient times, it wasn't unusual to memorize the entire Psalter as training for prayer. We won't do that, but we have chosen some basic psalms that will begin moving the story of God from our brains to our hearts.

The other tool we regularly use is called a "canticle." These are scriptural songs or poetry that remind us of the stories of God's people. They are important supports for the praying of the psalms, and we have carefully selected a few, that they might become our songs.

## Part 2 - The Parts That Do Change.

If we know the power of deep-rooted passages of Scripture, we also want to acknowledge and avoid the myopia of basing an entire belief system on a few favorite

passages. We've all watched people throw Bible verses at one another without compassion, as if one verse settled any single issue. When we only allow certain passages to speak to us we often find ourselves worshipping a God of our own making. We do best when we are shaped by the entire ecosystem of the Bible, revealing a God much larger than our assumptions and a God who surprises us with His goodness and generosity. While daily prayer isn't designed to touch every passage of Scripture, we can expand our vision of what God is doing. In particular, we'd like these portions to help shape how we understand God's work at K&T, so we've chosen some themes for you to work through.

- **Week 1 Ecology**. What is God doing in all of creation? How does God relate to the cosmos galaxies, gardens, meerkats and monsoons?
- **Week 2 Community**. How is God present in our neighborhood and in our land? What is God's plan for the local community of the faithful?
- **Week 3 Prayer**. How does God work in my life? Where is God leading me as a disciple?
- **Week 4 The Eucharist**. We believe this is the center of all of Christianity, the place where we meet Christ and the cross most intimately. What happens when we come to the cross? What does it mean to be "saved?"

We do not propose that we are exploring every aspect of God, but we believe that these themes will help shape us into agrarian disciples and a faithful agrarian community. By both establishing a rhythm of regular passages and journeying along the changing landscape of Scripture's contours, we hope to do the deep work of spiritual formation.

Before we go on to practical instructions, I want to give you a warning. This WILL get boring. There will be days when it seems completely useless. There are days when it will not stir our hearts at all. There will be days when everything on our calendar will scream at us with more urgency and importance than these few minutes of "nothing." That's how those other stories work – they don't tell a better story, just a louder one. So we must persevere if we are to live that better story. Anglican priest and spiritual director Martin Thornton offers some practical encouragement:

We must re-learn the essential truth that Christian Prayer is rather like cleaning a car. When we are lucky enough to have a new one we wash and polish away with enthusiastic

fervor, it is a devotional job. When the novelty wears off it becomes rather a nuisance and a bore, but we can still clean it efficiently, and here is the one vital point; there is no difference whatever in the result. It is exactly the same with prayer." (Christian Proficiency, 4)

# **Outline for Agrarian Daily Prayer**

**Introductory Prayer** - a simple and direct prayer for God's help. It puts in our mouths the truth that God – the One who made it all – hears our prayer and is with us. Having assured ourselves of God's listening ear, we remind ourselves of the whole story – the God of Abraham, the God of Israel, the God of Jesus; it is to this God that we pray.

### Psalm of the Day

#### Canticle

**Apostles' Creed** - The creed is a non-biblical statement of faith with deep, penetrating roots in Christian tradition. It reminds us that faith is not created but received, and this statement reminds us of "the faith once delivered to all the saints." Furthermore, when we approach the Scriptures we want to remind ourselves of the faith in which that Scripture was written and in which we read them. None of us come to the Bible with an empty mind; we all come with a perspective and assumptions. Sometimes that is helpful, sometimes not. We want to learn to read the Scriptures with the faith of our mothers and fathers.

**Scripture** – Read these slowly, carefully, thoughtfully. We're not well-practiced in the ways of God, which means we have to slow down, listen clearly, think deeply.

**Contemplation** – contemplation is the summit of prayer. At its best, contemplation doesn't seek to do anything. It just wants to be. So just sit with Jesus. Sometimes you'll want to offer something; so pray. Sometimes you'll want to hear from Jesus; so sit quietly. Sometimes (maybe, most of the time) you'll just want to wonder. Imagine the Scriptures as waves on the beach - just let it roll, and listen. If you are having trouble keeping your mind quiet, a simple technique is to remember a word or brief phrase from the reading. Repeat it to yourselves when you find yourself wandering.

**Beatitudes** – Having heard from God, we prepare to respond with our own prayers. As we prepare for intercessory prayer, we want to ready ourselves to pray like Jesus. The most important statement of the values, morals, and perspectives of Jesus is the Beatitudes. In reciting this, we tune our heart to the heart of Jesus.

Intercessory Prayer – whatever is on your heart, let it out. But given the process we've gone through, there's a good chance that we'll have changed. Rather than our prayers being self-centered, emotionally driven, and spiritually iffy, hopefully we're at a point where they are shaped by the narrative of God, the values of Jesus, and a faith that indeed looks towards a coming Kingdom. But don't worry too much about whether it is right or wrong to pray for something. If it is on your heart, God knows already. Just offer it.

**Lord's Prayer** - When all our prayer is exhausted, we do well to remember that there is much we haven't prayed for. There are things that matter to God that don't yet register with us. So we train in prayer daily by tracing the letters and prayers of Jesus. Whatever we may have forgotten or undervalued, is set right here in the prayer that Jesus gives us. The challenge here is to "pray it like a monk" – slowly, thoughtfully.

**Closing Prayer** – an expression of our unworthiness, God's infinite love, our responsibility for thanks, and a request that we would spend this day in the service of God.

## Praying in Groups

You'll want to find opportunities to pray with small groups of people. Perhaps it's a family prayer time, or a small group, or even just you and a friend out for coffee. We've put some cues in the prayer to help you with that. First, pick someone to "lead" prayer. The only role for this person is that if you aren't sure who should read, let the leader do it! Make sure you change the leader if you meet in a group regularly.

You'll notice that each section is broken up into paragraphs or "chunks." All you need to do is pass the reading around from person to person. This is a helpful practice – it lets us participate and listen deeply at the same time, and to hear the Word of God from other voices. Lines printed in bold should be said in unison. And above all, don't worry about doing it "right." Prayer is not a test to be graded, but a time to be with God and

with one another. So feel free to adapt it to suit the needs of your group. Want to pray the Lord's Prayer together? Do it! The important thing is to pray.

And we conclude with a prayer from us for you, written by hymnist Clara Scott:

Silently now I wait for Thee, Ready my God, Thy will to see, Open my eyes, illumine me, Spirit divine!

## Week I

# **Sunday Morning Prayer**

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be 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.

Father God, Creator of heaven and earth,
God of Abraham, Isaac, and Jacob,
God of Israel,
God and Father of our Lord and Savior Jesus Christ,
True and Living God who is Father, Son, and Holy Spirit,
Have mercy and hear our prayer.

## Psalm of the Day: Psalm 100

Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing!

Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.

Enter his gates with thanksgiving, and his courts with praise!
Give thanks to him; bless his name!

For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

Glory be 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.

Canticle: Exodus 15:1-2, 6-11, 17-18

"I will sing to the Lord, for he has triumphed gloriously; the horse and his rider he has thrown into the sea.

The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him.

Your right hand, O Lord, glorious in power, your right hand, O Lord, shatters the enemy. In the greatness of your majesty you overthrow your adversaries; you send out your fury; it consumes them like stubble.

At the blast of your nostrils the waters piled up; the floods stood up in a heap; the deeps congealed in the heart of the sea.

The enemy said, 'I will pursue, I will overtake,
I will divide the spoil, my desire shall have its fill of them.
I will draw my sword; my hand shall destroy them.'

You blew with your wind; the sea covered them; they sank like lead in the mighty waters. "Who is like you, O Lord, among the gods? Who is like you, majestic in holiness, awesome in glorious deeds, doing wonders?

You will bring them in and plant them on your own mountain, the place, O Lord, which you have made for your abode,

the sanctuary, O Lord, which your hands have established. The Lord will reign forever and ever."

Glory be 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.

### **Apostles' 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 into 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.

### Scripture Reading: John 1:1-14

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it. There was a man sent from God, whose name was John. He came as a witness, to bear witness

about the light, that all might believe through him. He was not the light, but came to bear witness about the light. The true light, which gives light to everyone, was coming into the world. He was in the world, and the world was made through him, yet the world did not know him. He came to his own, and his own people did not receive him. But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. For from his fullness we have all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God; the only God, who is at the Father's side, he has made him known.

## Contemplation

#### The Beatitudes

- "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- "Blessed are those who mourn, for they shall be comforted.
- "Blessed are the meek, for they shall inherit the earth.
- "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- "Blessed are the merciful, for they shall receive mercy.
- "Blessed are the pure in heart, for they shall see God.
- "Blessed are the peacemakers, for they shall be called sons of God.
- "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## **Intercessory Prayer**

## 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 of our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For yours is the Kingdom, the power, and the glory, forever and ever. Amen.

#### **Closing Prayer**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, now and forever.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

# Monday Morning Prayer

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be 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.

Father God, Creator of heaven and earth,
God of Abraham, Isaac, and Jacob,
God of Israel,
God and Father of our Lord and Savior Jesus Christ,
True and Living God who is Father, Son, and Holy Spirit,
Have mercy and hear our prayer.

#### Psalm of the Day: Psalm 95

Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods.

In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and his hands formed the dry land.

Oh come, let us worship and bow down; let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.

Today, if you hear his voice, do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, when your fathers put me to the test and put me to the proof, though they had seen my work.

For forty years I loathed that generation and said, "They are a people who go astray in their heart, and they have not known my ways."

Therefore I swore in my wrath, "They shall not enter my rest."

Glory be 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.

Canticle: Micah 4:1-5

It shall come to pass in the latter days that the mountain of the house of the Lord shall be established as the highest of the mountains, and it shall be lifted up above the hills; and peoples shall flow to it,

and many nations shall come, and say:
"Come, let us go up to the mountain of the Lord,
to the house of the God of Jacob,
that he may teach us his ways
and that we may walk in his paths."

For out of Zion shall go forth the law, and the word of the Lord from Jerusalem. He shall judge between many peoples, and shall decide disputes for strong nations far away;

and they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore;

but they shall sit every man under his vine and under his fig tree, and no one shall make them afraid, for the mouth of the Lord of hosts has spoken.

For all the peoples walk each in the name of its god, but we will walk in the name of the Lord our God forever and ever.

Glory be 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.

## **Apostles' 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 into 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.

## Scripture Reading: Romans 8:18-25

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God. For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who

hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.

### Contemplation

#### The Beatitudes

- "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- "Blessed are those who mourn, for they shall be comforted.
- "Blessed are the meek, for they shall inherit the earth.
- "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- "Blessed are the merciful, for they shall receive mercy.
- "Blessed are the pure in heart, for they shall see God.
- "Blessed are the peacemakers, for they shall be called sons of God.
- "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## **Intercessory Prayer**

## 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 of our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from evil.

For yours is the Kingdom, the power, and the glory, forever and ever. Amen.

### **Closing Prayer**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above

all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, now and forever.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

# **Tuesday Morning Prayer**

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be 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.

Father God, Creator of heaven and earth,
God of Abraham, Isaac, and Jacob,
God of Israel,
God and Father of our Lord and Savior Jesus Christ,
True and Living God who is Father, Son, and Holy Spirit,
Have mercy and hear our prayer.

Psalm of the Day: Psalm 8

O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.

Out of the mouth of babies and infants, you have established strength because of your foes, to still the enemy and the avenger.

When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?

Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. You have given him dominion over the works of your hands;

you have put all things under his feet, all sheep and oxen, and also the beasts of the field, the birds of the heavens, and the fish of the sea, whatever passes along the paths of the seas.

O Lord, our Lord, how majestic is your name in all the earth!

Glory be 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.

Canticle: Daniel 3:57-87

Bless the Lord, all you works of the Lord; sing praise to him and highly exalt him forever.

Bless the Lord, you heavens;
Bless the Lord, you angels of the Lord;
Bless the Lord, all you waters above the heavens;
Bless the Lord, all you powers of the Lord;
Bless the Lord, sun and moon;
Bless the Lord, stars of heaven;
sing praise to him and highly exalt him forever.

Bless the Lord, all rain and dew;

Bless the Lord, all you winds; Bless the Lord, fire and heat; Bless the Lord, winter cold and summer heat; Bless the Lord, dews and falling snow; Bless the Lord, ice and cold; sing praise to him and highly exalt him forever.

Bless the Lord, frosts and snows; Bless the Lord, nights and days; Bless the Lord, light and darkness; Bless the Lord, lightning and clouds; sing praise to him and highly exalt him forever.

Let the earth bless the Lord;
Bless the Lord, mountains and hills;
Bless the Lord, all that grows in the ground;
Bless the Lord, you springs;
Bless the Lord, seas and rivers;
sing praise to him and highly exalt him forever.

Bless the Lord, you whales and all that swim in the waters; Bless the Lord, all birds of the air; Bless the Lord, all wild animals and cattle; sing praise to him and highly exalt him forever.

Bless the Lord, all people on earth; Bless the Lord, O Israel; Bless the Lord, you priests of the Lord; Bless the Lord, you servants of the Lord;

Bless the Lord, spirits and souls of the righteous; Bless the Lord, you who are holy and humble in heart; sing praise to him and highly exalt him forever.

Glory be 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.

#### **Apostles' 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 into 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.

## Scripture Reading: Colossians 1:15-23

[Jesus] is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together. And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

And you, who once were alienated and hostile in mind, doing evil deeds, he has now reconciled in his body of flesh by his death, in order to present you holy and blameless

and above reproach before him, if indeed you continue in the faith, stable and steadfast, not shifting from the hope of the gospel that you heard, which has been proclaimed in all creation under heaven, and of which I, Paul, became a minister.

### Contemplation

#### The Beatitudes

- "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- "Blessed are those who mourn, for they shall be comforted.
- "Blessed are the meek, for they shall inherit the earth.
- "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- "Blessed are the merciful, for they shall receive mercy.
- "Blessed are the pure in heart, for they shall see God.
- "Blessed are the peacemakers, for they shall be called sons of God.
- "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## **Intercessory Prayer**

## 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 of our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from evil.

For yours is the Kingdom, the power, and the glory, forever and ever. Amen.

#### **Closing Prayer**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, now and forever.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

# **Wednesday Morning Prayer**

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be 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.

Father God, Creator of heaven and earth,
God of Abraham, Isaac, and Jacob,
God of Israel,
God and Father of our Lord and Savior Jesus Christ,
True and Living God who is Father, Son, and Holy Spirit,
Have mercy and hear our prayer.

Psalm of the Day: Psalm 29

Ascribe to the Lord, O heavenly beings, ascribe to the Lord glory and strength.

Ascribe to the Lord the glory of his name; worship the Lord in holy splendor.

The voice of the Lord is over the waters; the God of glory thunders, the Lord, over mighty waters.

The voice of the Lord is powerful; the voice of the Lord is full of majesty. The voice of the Lord breaks the cedars; the Lord breaks the cedars of Lebanon.

He makes Lebanon skip like a calf, and Sirion like a young wild ox. The voice of the Lord flashes forth flames of fire.

The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh. The voice of the Lord causes the oaks to whirl, and strips the forest bare; and in his temple all say, "Glory!"

The Lord sits enthroned over the flood; the Lord sits enthroned as king forever.

May the Lord give strength to his people! May the Lord bless his people with peace!

Glory be 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.

Canticle: from Job 39

"Do you know when the mountain goats give birth? Do you observe the calving of the does? Can you number the months that they fulfill,

and do you know the time when they give birth,

when they crouch to give birth to their offspring, and are delivered of their young?
Their young ones become strong, they grow up in the open; they go out and do not return to them.

"Is the wild ox willing to serve you?
Will it spend the night at your manger?
Can you bind it in the furrow with ropes,
or will it harrow the valleys after you?

Will you depend on it because its strength is great, and will you leave to him your labor?

Do you have faith in it that it will return your grain and gather it to your threshing floor?

"Is it by your understanding that the hawk soars, and spreads its wings toward the south? Is it at your command that the eagle mounts up and makes its nest on high?

On the rock it dwells and makes its home in the rocky crag and stronghold. From there it spies out the prey; its eyes behold it from far away. Its young ones suck up blood; and where the slain are, there it is."

Glory be 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.

#### **Apostles' 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 into 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.

## Scripture Reading: Mark 4:35-41

On that day, when evening had come, Jesus said to the disciples, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

Contemplation

#### The Beatitudes

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

- "Blessed are those who mourn, for they shall be comforted.
- "Blessed are the meek, for they shall inherit the earth.
- "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- "Blessed are the merciful, for they shall receive mercy.
- "Blessed are the pure in heart, for they shall see God.
- "Blessed are the peacemakers, for they shall be called sons of God.
- "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## **Intercessory Prayer**

## 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 of our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from evil.

For yours is the Kingdom, the power, and the glory, forever and ever. Amen.

## **Closing Prayer**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, now and forever.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

## **Thursday Morning Prayer**

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be 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.

Father God, Creator of heaven and earth,
God of Abraham, Isaac, and Jacob,
God of Israel,
God and Father of our Lord and Savior Jesus Christ,
True and Living God who is Father, Son, and Holy Spirit,
Have mercy and hear our prayer.

## Psalm of the Day: Psalm 98

Oh sing to the Lord a new song, for he has done marvelous things! His right hand and his holy arm have worked salvation for him.

The Lord has made known his salvation; he has revealed his righteousness in the sight of the nations. He has remembered his steadfast love and faithfulness to the house of Israel.

All the ends of the earth have seen the salvation of our God.

Make a joyful noise to the Lord, all the earth; break forth into joyous song and sing praises!

Sing praises to the Lord with the lyre, with the lyre and the sound of melody!

With trumpets and the sound of the horn make a joyful noise before the King, the Lord! Let the sea roar, and all that fills it; the world and those who dwell in it!

Let the rivers clap their hands; let the hills sing for joy together before the Lord, for he comes to judge the earth. He will judge the world with righteousness, and the peoples with equity.

Glory be 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.

Canticle: Jeremiah 31:10-14

"Hear the word of the Lord, O nations, and declare it in the coastlands far away; say, 'He who scattered Israel will gather him, and will keep him as a shepherd keeps his flock.'

For the Lord has ransomed Jacob and has redeemed him from hands too strong for him. They shall come and sing aloud on the height of Zion, and they shall be radiant over the goodness of the Lord,

over the grain, the wine, and the oil, and over the young of the flock and the herd; their life shall be like a watered garden, and they shall languish no more.

Then shall the young women rejoice in the dance, and the young men and the old shall be merry.

I will turn their mourning into joy;

I will comfort them, and give them gladness for sorrow.

I will feast the soul of the priests with abundance, and my people shall be satisfied with my goodness, declares the Lord."

Glory be 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.

#### **Apostles' 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 into 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.

## Scripture Reading: Deuteronomy 8:2-3, 6-10

"You shall remember the whole way that the Lord your God has led you these forty years in the wilderness. He humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord. So you shall keep the commandments of the Lord your God by walking in his ways and by fearing him. For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing out in the valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land in which you will eat bread without scarcity, in which you will lack nothing, a land whose stones are iron, and out of whose hills you can dig copper. And you shall eat and be full, and you shall bless the Lord your God for the good land he has given you.

## Contemplation

#### The Beatitudes

- "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- "Blessed are those who mourn, for they shall be comforted.
- "Blessed are the meek, for they shall inherit the earth.
- "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- "Blessed are the merciful, for they shall receive mercy.
- "Blessed are the pure in heart, for they shall see God.
- "Blessed are the peacemakers, for they shall be called sons of God.
- "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## **Intercessory Prayer**

## 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 of our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.
For yours is the Kingdom, the power, and the glory, forever and ever. Amen.

## **Closing Prayer**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, now and forever.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

# Friday Morning Prayer

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be 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.

Father God, Creator of heaven and earth, God of Abraham, Isaac, and Jacob, God of Israel,

God and Father of our Lord and Savior Jesus Christ, True and Living God who is Father, Son, and Holy Spirit, **Have mercy and hear our prayer.** 

## Psalm of the Day: Psalm 51

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin!
For I know my transgressions, and my sin is ever before me.
Against you, you only, have I sinned and done what is evil in your sight,

so that you may be justified in your words and blameless in your judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me.

Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Let me hear joy and gladness; let the bones that you have broken rejoice. Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.
Cast me not away from your presence,

and take not your Holy Spirit from me.

Restore to me the joy of your salvation, and uphold me with a willing spirit.

Then I will teach transgressors your ways, and sinners will return to you.

Deliver me from bloodguiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. O Lord, open my lips, and my mouth will declare your praise.

For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering.

The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.

Do good to Zion in your good pleasure; build up the walls of Jerusalem; then will you delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.

Glory be 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.

Canticle: from Jeremiah 17

Thus says the Lord:
"Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the Lord.

He is like a shrub in the desert, and shall not see any good come.

He shall dwell in the parched places of the wilderness, in an uninhabited salt land.

Blessed is the man who trusts in the Lord, whose trust is the Lord.
He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes,

for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."

The heart is deceitful above all things, and desperately sick; who can understand it?

"I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds."

Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise.

Glory be 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.

## **Apostles' 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 into 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.

## Scripture Reading: Matthew 6:25-34

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

## Contemplation

#### The Beatitudes

- "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- "Blessed are those who mourn, for they shall be comforted.
- "Blessed are the meek, for they shall inherit the earth.
- "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- "Blessed are the merciful, for they shall receive mercy.
- "Blessed are the pure in heart, for they shall see God.
- "Blessed are the peacemakers, for they shall be called sons of God.
- "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## **Intercessory Prayer**

#### 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 of our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.
For yours is the Kingdom, the power, and the glory, forever and ever. Amen.

## **Closing Prayer**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and

by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, now and forever.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

# Saturday Morning Prayer

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be 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.

Father God, Creator of heaven and earth,
God of Abraham, Isaac, and Jacob,
God of Israel,
God and Father of our Lord and Savior Jesus Christ,
True and Living God who is Father, Son, and Holy Spirit,
Have mercy and hear our prayer.

Psalm of the Day: Psalm 65

Praise is due to you, O God, in Zion, and to you shall vows be performed.

O you who hear prayer, to you shall all flesh come. When iniquities prevail against me, you atone for our transgressions.

Blessed is the one you choose and bring near, to dwell in your courts! We shall be satisfied with the goodness of your house,

the holiness of your temple!

By awesome deeds you answer us with righteousness, O God of our salvation, the hope of all the ends of the earth and of the farthest seas;

the one who by his strength established the mountains, being girded with might; who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples,

so that those who dwell at the ends of the earth are in awe at your signs.
You make the going out of the morning and the evening to shout for joy.

You visit the earth and water it; you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it.

You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth.

You crown the year with your bounty; your wagon tracks overflow with abundance. The pastures of the wilderness overflow, the hills gird themselves with joy,

the meadows clothe themselves with flocks, the valleys deck themselves with grain,

they shout and sing together for joy.

Glory be 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.

Canticle: Isaiah 65:17-19, 21-25

"For behold, I create new heavens and a new earth, and the former things shall not be remembered or come into mind.

But be glad and rejoice forever in that which I create; for behold, I create Jerusalem to be a joy, and her people to be a gladness.

I will rejoice in Jerusalem and be glad in my people; no more shall be heard in it the sound of weeping and the cry of distress.

They shall build houses and inhabit them; they shall plant vineyards and eat their fruit. They shall not build and another inhabit; they shall not plant and another eat; for like the days of a tree shall the days of my people be, and my chosen shall long enjoy the work of their hands.

They shall not labor in vain or bear children for calamity, for they shall be the offspring of the blessed of the Lord, and their descendants with them.

Before they call I will answer; while they are yet speaking I will hear.

The wolf and the lamb shall graze together; the lion shall eat straw like the ox, and dust shall be the serpent's food.

They shall not hurt or destroy in all my holy mountain," says the Lord.

Glory be 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.

#### **Apostles' 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 into 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.

## Scripture Reading: Revelation 21:1-6

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true." And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment."

## Contemplation

## The Beatitudes

- "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- "Blessed are those who mourn, for they shall be comforted.
- "Blessed are the meek, for they shall inherit the earth.
- "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- "Blessed are the merciful, for they shall receive mercy.
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- "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
- "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

## **Intercessory Prayer**

## Lord's Prayer

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Thy kingdom come, thy will be done, on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us of our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.
For yours is the Kingdom, the power, and the glory, forever and ever. Amen.

## **Closing Prayer**

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, who lives with you and the Holy Spirit, one God, now and forever.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.