

Wednesday, October 7, 2020 – Morning

(**If you have a spouse or family, consider engaging in these evening and morning prayers together.)

Call to Prayer

God said, “Let there be light,” and there was light. And God saw that the light was good.

This very day the Lord has acted. May God’s name be praised.

Scripture (NRSV)

Exodus 20:8-11

⁸ Remember the sabbath day, and keep it holy. ⁹ Six days you shall labor and do all your work. ¹⁰ But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. ¹¹ For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Deuteronomy 5:12-15

¹² Observe the sabbath day and keep it holy, as the Lord your God commanded you. ¹³ Six days you shall labor and do all your work. ¹⁴ But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. ¹⁵ Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.

Intercessions

Take some time to give voice to specific prayers and petitions:

- We give God thanks and praise . . .
- We confess our need of God’s grace . . .
- We pray for the concerns of our families and communities . . .
- We pray for the poor, oppressed, marginalized, lonely, and ill . . .
- We pray for the unity of Christ’s Church . . .
- We pray for peace and the well-being of all God’s creation . . .

End by praying The Lord’s Prayer.

Blessing

The Lord bless you and keep you. The Lord lift his countenance upon you, and give you peace. The Lord make his face to shine upon you, and be gracious unto you. *Amen.*

Wednesday, October 7, 2020 – Evening

Call to Prayer

O God come to our assistance.

O Lord make haste to help us. 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.

Scripture (NRSV)

1 Corinthians 10:14–11:1

¹ Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. ² Anyone who claims to know something does not yet have the necessary knowledge; ³ but anyone who loves God is known by him. ⁴ Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” ⁵ Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—⁶ yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. ⁷ It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. ⁸ “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. ⁹ But take care that this liberty of yours does not somehow become a stumbling block to the weak. ¹⁰ For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? ¹¹ So by your knowledge those weak believers for whom Christ died are destroyed. ¹² But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³ Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Examen

Consider the following questions below as you review your day with God:

- For what moment today am I most grateful? The least grateful?
- When did I give and receive the most love today? The least?
- What was the most life-giving part of my day? The least?
- When did I have the deepest sense of connection with God, others, myself? The least?

Intercessions

Voice your petitions to God.

Blessing

Let us bless the Lord.

Thanks be to God.

Keep us now in Christ.

Grant us a peaceful evening and night free from sin, and bring us at last to eternal life. Amen.

Thursday, October 8, 2020 – Morning

Call to Prayer

Lord, open our lips.

And our mouths shall proclaim your praise. 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.

Scripture (NRSV)

2 Kings 18:28-37

²⁸ Then the Rabshakeh stood and called out in a loud voice in the language of Judah, “Hear the word of the great king, the king of Assyria! ²⁹ Thus says the king: ‘Do not let Hezekiah deceive you, for he will not be able to deliver you out of my hand. ³⁰ Do not let Hezekiah make you rely on the Lord by saying, The Lord will surely deliver us, and this city will not be given into the hand of the king of Assyria.’ ³¹ Do not listen to Hezekiah; for thus says the king of Assyria: ‘Make your peace with me and come out to me; then every one of you will eat from your own vine and your own fig tree, and drink water from your own cistern, ³² until I come and take you away to a land like your own land, a land of grain and wine, a land of bread and vineyards, a land of olive oil and honey, that you may live and not die. Do not listen to Hezekiah when he misleads you by saying, The Lord will deliver us. ³³ Has any of the gods of the nations ever delivered its land out of the hand of the king of Assyria? ³⁴ Where are the gods of Hamath and Arpad? Where are the gods of Sepharvaim, Hena, and Ivvah? Have they delivered Samaria out of my hand? ³⁵ Who among all the gods of the countries have delivered their countries out of my hand, that the Lord should deliver Jerusalem out of my hand?’” ³⁶ But the people were silent and answered him not a word, for the king’s command was, “Do not answer him.” ³⁷ Then Eliakim son of Hilkiah, who was in charge of the palace, and Shebna the secretary, and Joah son of Asaph, the recorder, came to Hezekiah with their clothes torn and told him the words of the Rabshakeh.

Intercessions

Speak a word of confession using Psalm 51 as your guide:

Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. 2 Wash me clean from my guilt. Purify me from my sin. 3 For I recognize my rebellion; it haunts me day and night. 4 Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. 5 For I was born a sinner— yes, from the moment my mother conceived me. 6 But you desire honesty from the womb, teaching me wisdom even there. 7 Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. 8 Oh, give me back my joy again; you have broken me— now let me rejoice.

Voice your petitions to God and end with the Lord’s Prayer.

Blessing

Let us bless the Lord.

Thanks be to God.

We go in peace to love and serve the Lord

and to live our lives so that those to whom love is a stranger will find in us generous friends. Amen.

Thursday, October 8, 2020 – Evening

Call to Prayer

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid.
Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit that we might perfectly love you and worthily magnify your holy name. Through Christ our Lord. Amen.

Scripture (NRSV)

Psalms 105:1-22

- ¹ O give thanks to the Lord, call on his name,
make known his deeds among the peoples.
² *Sing to him, sing praises to him;
tell of all his wonderful works.*
³ Glory in his holy name;
let the hearts of those who seek
the Lord rejoice.
⁴ *Seek the Lord and his strength;
seek his presence continually.*
⁵ Remember the wonderful works he has done,
his miracles, and the judgments he has
uttered,
⁶ *O offspring of his servant Abraham,
children of Jacob, his chosen ones.*
⁷ He is the Lord our God;
his judgments are in all the earth.
⁸ *He is mindful of his covenant forever,
of the word that he commanded, for a
thousand
generations,*
⁹ the covenant that he made with Abraham,
his sworn promise to Isaac,
¹⁰ *which he confirmed to Jacob as a statute,
to Israel as an everlasting covenant,*
¹¹ saying, "To you I will give the land of Canaan
as your portion for an inheritance."
¹² *When they were few in number,
of little account, and strangers in it,*
¹³ wandering from nation to nation,
from one kingdom to another people,
¹⁴ *he allowed no one to oppress them;
he rebuked kings on their account,*
¹⁵ saying, "Do not touch my anointed ones;
do my prophets no harm."
¹⁶ *When he summoned famine against the land,
and broke every staff of bread,*
¹⁷ he had sent a man ahead of them,
Joseph, who was sold as a slave.
¹⁸ *His feet were hurt with fetters,
his neck was put in a collar of iron;*
¹⁹ until what he had said came to pass,
the word of the Lord kept testing him.
²⁰ *The king sent and released him;
the ruler of the peoples set him free.*
²¹ He made him lord of his house,
and ruler of all his possessions,
²² *to instruct his officials at his pleasure,
and to teach his elders wisdom.*

Examen

Consider the following questions below as you review your day with God:

- For what moment today am I most grateful? The least grateful?
- When did I give and receive the most love today? The least?
- What was the most life-giving part of my day? The least?
- When did I have the deepest sense of connection with God, others, myself? The least?

Intercessions

Voice your petitions to God.

Blessing

Eternal God, you have graciously accepted us as living members of your Body. *Send us now into the world in peace to do the work you have given us to do, and grant us strength and courage to love and serve you with gladness and singleness of heart. Amen.*

Friday, October 9, 2020 – Morning

Call to Prayer

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid.

Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit that we might perfectly love you and worthily magnify your holy name. Through Christ our Lord. Amen.

Scripture (NRSV)

Psalm 107:1-32

¹ O give thanks to the Lord, for he is good;
for his steadfast love endures forever.

² *Let the redeemed of the Lord say so,
those he redeemed from trouble*

³ and gathered in from the lands,
from the east and from the west,
from the north and from the south.

⁴ *Some wandered in desert wastes,
finding no way to an inhabited town;*

⁵ hungry and thirsty,
their soul fainted within them.

⁶ *Then they cried to the Lord in their trouble,
and he delivered them from their distress;*

⁷ he led them by a straight way,
until they reached an inhabited town.

⁸ *Let them thank the Lord for his steadfast love,
for his wonderful works to humankind.*

⁹ For he satisfies the thirsty,
and the hungry he fills with good things.

¹⁰ *Some sat in darkness and in gloom,
prisoners in misery and in irons,*

¹¹ for they had rebelled against the words of
God, and spurned the counsel of the Most High.

¹² *Their hearts were bowed down with hard
labor; they fell down, with no one to help.*

¹³ Then they cried to the Lord in their trouble,
and he saved them from their distress;

¹⁴ *he brought them out of darkness and gloom,
and broke their bonds asunder.*

¹⁵ Let them thank the Lord for his steadfast love,
for his wonderful works to humankind.

¹⁶ *For he shatters the doors of bronze,
and cuts in two the bars of iron.*

¹⁷ Some were sick through their sinful ways,

and because of their iniquities endured
affliction;

¹⁸ *they loathed any kind of food,
and they drew near to the gates of death.*

¹⁹ Then they cried to the Lord in their trouble,
and he saved them from their distress;

²⁰ *he sent out his word and healed them,
and delivered them from destruction.*

²¹ Let them thank the Lord for his steadfast love,
for his wonderful works to humankind.

²² *And let them offer thanksgiving sacrifices,
and tell of his deeds with songs of joy.*

²³ Some went down to the sea in ships,
doing business on the mighty waters;

²⁴ *they saw the deeds of the Lord,
his wondrous works in the deep.*

²⁵ For he commanded and raised the stormy
wind, which lifted up the waves of the sea.

²⁶ *They mounted up to heaven, they went down
to the depths;*

their courage melted away in their calamity;

²⁷ they reeled and staggered like drunkards,
and were at their wits' end.

²⁸ *Then they cried to the Lord in their trouble,
and he brought them out from their distress;*

²⁹ he made the storm be still,
and the waves of the sea were hushed.

³⁰ *Then they were glad because they had quiet,
and he brought them to their desired haven.*

³¹ Let them thank the Lord for his steadfast love,
for his wonderful works to humankind.

³² *Let them extol him in the congregation of the
people, and praise him in the assembly of the
elders.*

Intercessions

Take some time to give voice to specific prayers and petitions:

- We give God thanks and praise . . .
- We confess our need of God's grace . . .
- We pray for the concerns of our families and communities . . .
- We pray for the poor, oppressed, marginalized, lonely, and ill . . .
- We pray for the unity of Christ's Church . . .
- We pray for peace and the well-being of all God's creation . . .

End by praying The Lord's Prayer.

Blessing

Let us bless the Lord.

Thanks be to God.

We go in peace to love and serve the Lord

and to live our lives so that those to whom love is a stranger will find in us generous friends. Amen.

Friday, October 9, 2020 – Evening

Call to Prayer

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid.

Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit that we might perfectly love you and worthily magnify your holy name. Through Christ our Lord. Amen.

Scripture (NRSV)

Matthew 8:1-17

¹When Jesus had come down from the mountain, great crowds followed him; ²and there was a leper who came to him and knelt before him, saying, "Lord, if you choose, you can make me clean." ³He stretched out his hand and touched him, saying, "I do choose. Be made clean!" Immediately his leprosy was cleansed. ⁴Then Jesus said to him, "See that you say nothing to anyone; but go, show yourself to the priest, and offer the gift that Moses commanded, as a testimony to them." ⁵When he entered Capernaum, a centurion came to him, appealing to him ⁶and saying, "Lord, my servant is lying at home paralyzed, in terrible distress." ⁷And he said to him, "I will come and cure him." ⁸The centurion answered, "Lord, I am not worthy to have you come under my roof; but only speak the word, and my servant will be healed. ⁹For I also am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and the slave does it." ¹⁰When Jesus heard him, he was amazed and said to those who followed him, "Truly I tell you, in no one in Israel have I found such faith. ¹¹I tell you, many will come from east and west and will eat with Abraham and Isaac and Jacob in the kingdom of heaven, ¹²while the heirs of the kingdom will be thrown into the outer darkness, where there will be weeping and gnashing of teeth." ¹³And to the centurion Jesus said, "Go; let it be done for you according to your faith." And the servant was healed in that hour. ¹⁴When Jesus entered Peter's house, he saw his mother-in-law lying in bed with a fever; ¹⁵he touched her hand, and the fever left her, and she got up and began to serve him. ¹⁶That evening they brought to him many who were possessed with demons; and he cast out the spirits with a word, and cured all who were sick. ¹⁷This was to fulfill what had been spoken through the prophet Isaiah, "He took our infirmities and bore our diseases."

Examen

Consider the following questions below as you review your day with God:

- For what moment today am I most grateful? The least grateful?
- When did I give and receive the most love today? The least?
- What was the most life-giving part of my day? The least?
- When did I have the deepest sense of connection with God, others, myself? The least?

Intercessions

Voice your petitions to God.

Blessing

The Lord bless you and keep you. The Lord lift his countenance upon you, and give you peace. The Lord make his face to shine upon you, and be gracious unto you. *Amen.*

Monday, October 12, 2020 – Morning

Call to Prayer

Lord, open our lips. *And our mouths shall proclaim your praise. 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.*

Scripture (NRSV)

1 Corinthians 10:14–11:1

¹⁴Therefore, my dear friends, flee from the worship of idols. ¹⁵I speak as to sensible people; judge for yourselves what I say. ¹⁶The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? ¹⁷Because there is one bread, we who are many are one body, for we all partake of the one bread. ¹⁸Consider the people of Israel; are not those who eat the sacrifices partners in the altar? ¹⁹What do I imply then? That food sacrificed to idols is anything, or that an idol is anything? ²⁰No, I imply that what pagans sacrifice, they sacrifice to demons and not to God. I do not want you to be partners with demons. ²¹You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. ²²Or are we provoking the Lord to jealousy? Are we stronger than he? ²³“All things are lawful,” but not all things are beneficial. “All things are lawful,” but not all things build up. ²⁴Do not seek your own advantage, but that of the other. ²⁵Eat whatever is sold in the meat market without raising any question on the ground of conscience, ²⁶for “the earth and its fullness are the Lord’s.” ²⁷If an unbeliever invites you to a meal and you are disposed to go, eat whatever is set before you without raising any question on the ground of conscience. ²⁸But if someone says to you, “This has been offered in sacrifice,” then do not eat it, out of consideration for the one who informed you, and for the sake of conscience— ²⁹I mean the other’s conscience, not your own. For why should my liberty be subject to the judgment of someone else’s conscience? ³⁰If I partake with thankfulness, why should I be denounced because of that for which I give thanks? ³¹So, whether you eat or drink, or whatever you do, do everything for the glory of God. ³²Give no offense to Jews or to Greeks or to the church of God, ³³just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, so that they may be saved. ¹Be imitators of me, as I am of Christ.

Intercessions

Take some time to give voice to specific prayers and petitions:

We give God thanks and praise . . .

We confess our need of God’s grace . . .

We pray for the concerns of our families and communities . . .

We pray for the poor, oppressed, marginalized, lonely, and ill . . .

We pray for the unity of Christ’s Church . . .

We pray for peace and the well-being of all God’s creation . . .

End by praying the Lord’s Prayer.

Blessing & Sending

Let us bless the Lord.

Thanks be to God.

We go in peace to love and serve the Lord

and to live our lives so that those to whom love is a stranger will find in us generous friends. Amen.

Monday, October 12, 2020 – Evening

Call to Prayer

The Lord be with you

And also with you

Lift up your hearts

We lift them up to the Lord

Let us give thanks to the Lord our God

It is right to give our thanks and praise

Scripture (CEB)

Romans 8:22-30

²²We know that the whole creation is groaning together and suffering labor pains up until now. ²³And it's not only the creation. We ourselves who have the Spirit as the first crop of the harvest also groan inside as we wait to be adopted and for our bodies to be set free. ²⁴We were saved in hope. If we see what we hope for, that isn't hope. Who hopes for what they already see? ²⁵But if we hope for what we don't see, we wait for it with patience. ²⁶In the same way, the Spirit comes to help our weakness. We don't know what we should pray, but the Spirit himself pleads our case with unexpressed groans. ²⁷The one who searches hearts knows how the Spirit thinks, because he pleads for the saints, consistent with God's will. ²⁸We know that God works all things together for good for the ones who love God, for those who are called according to his purpose. ²⁹We know this because God knew them in advance, and he decided in advance that they would be conformed to the image of his Son. That way his Son would be the first of many brothers and sisters. ³⁰Those who God decided in advance would be conformed to his Son, he also called. Those whom he called, he also made righteous. Those whom he made righteous, he also glorified.

Examen

Consider the following questions below as you review your day with God:

- For what moment today am I most grateful? The least grateful?
- When did I give and receive the most love today? The least?
- What was the most life-giving part of my day? The least?
- When did I have the deepest sense of connection with God, others, myself? The least?

Intercessions

Voice your petitions to God.

Blessing

Let us bless the Lord.

Thanks be to God.

Keep us now in Christ.

Grant us a peaceful evening and night free from sin, and bring us at last to eternal life. Amen.

Tuesday, October 13, 2020 – Morning

Call to Prayer

God said, “Let there be light,” and there was light. And God saw that the light was good.
This very day the Lord has acted. May God’s name be praised.

Scripture (NRSV)

Psalm 121

¹ I lift up my eyes to the hills—
from where will my help come?

² *My help comes from the Lord,
who made heaven and earth.*

³ He will not let your foot be moved;
he who keeps you will not slumber.

⁴ *He who keeps Israel
will neither slumber nor sleep.*

⁵ The Lord is your keeper;
the Lord is your shade at your right hand.

⁶ *The sun shall not strike you by day,
nor the moon by night.*

⁷ The Lord will keep you from all evil;
he will keep your life.

⁸ *The Lord will keep
your going out and your coming in
from this time on and forevermore.*

Psalm 122

¹ I was glad when they said to me,
“Let us go to the house of the Lord!”

² *Our feet are standing
within your gates, O Jerusalem.*

³ Jerusalem—built as a city
that is bound firmly together.

⁴ *To it the tribes go up,
the tribes of the Lord,
as was decreed for Israel,
to give thanks to the name of the Lord.*

⁵ For there the thrones for judgment were set
up, the thrones of the house of David.

⁶ *Pray for the peace of Jerusalem:
“May they prosper who love you.*

⁷ Peace be within your walls,
and security within your towers.”

⁸ *For the sake of my relatives and friends
I will say, “Peace be within you.”*

⁹ For the sake of the house of the Lord our God,
I will seek your good.

Psalm 123

¹ To you I lift up my eyes,
O you who are enthroned in the heavens!

² *As the eyes of servants
look to the hand of their master,
as the eyes of a maid
to the hand of her mistress,
so our eyes look to the Lord our God,
until he has mercy upon us.*

³ Have mercy upon us, O Lord, have mercy upon
us, for we have had more than enough of
contempt.

⁴ *Our soul has had more than its fill
of the scorn of those who are at ease,
of the contempt of the proud.*

Intercessions

Voice your petitions to God and end with the Lord’s Prayer.

Blessing

Eternal God, you have graciously accepted us as living members of your Body.

*Send us now into the world in peace to do the work you have given us to do, and grant us strength and
courage to love and serve you with gladness and singleness of heart. Amen.*

Tuesday, October 13, 2020 – Evening

Call to Prayer

Send out your light and your truth that they may lead us.

And bring us to your holy hill and dwelling.

Scripture (NRSV)

Psalm 126

¹ When the Lord restored the fortunes of Zion,
we were like those who dream.

² *Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then it was said among the nations,
“The Lord has done great things for them.”*

³ The Lord has done great things for us,
and we rejoiced.

⁴ *Restore our fortunes, O Lord,
like the watercourses in the Negeb.*

⁵ May those who sow in tears
reap with shouts of joy.

⁶ *Those who go out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
carrying their sheaves.*

Examen

Consider the following questions below as you review your day with God:

- For what moment today am I most grateful? The least grateful?
- When did I give and receive the most love today? The least?
- What was the most life-giving part of my day? The least?
- When did I have the deepest sense of connection with God, others, myself? The least?

Intercessions

Voice your petitions to God.

Blessing & Sending

May the peace of the Lord Christ go with you, wherever he may send you;
may he guide you through the wilderness, protect you through the storm;
may he bring you home rejoicing, at the wonders he has shown you;
may he bring you home rejoicing, once again into our doors.