

Prayer & Practice

A City Church
Book Of Common Prayer

For the 2023–2024 Liturgical Year

Crafted by the Pastors and Members of City Church
City Church, Cleveland Heights, Ohio | CityChurchCle.com

Prayer & Practice: A City Church Book of Common Prayer
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TABLE OF CONTENTS

Introduction	5
Daily Prayers	13
Planner Pages	35
Treasury of Intercessions.....	245
Treasury of Breath Prayers	261
Treasury of Call and Responses.....	269
Treasury of Blessings	275

INTRODUCTION

Contemplative prayer serves as a conduit through which theological knowledge transitions from the realm of intellect to the depths of the heart. While much of contemporary Christianity excels in teaching correct theology and fostering doctrinal understanding, the question we should still ask ourselves is this: have we diligently ensured the integration of these beliefs into the core of our being? Have we allowed the profound love of God to envelop us, revealing the scars from the cross that we may know but not yet experientially embraced?

This book, like any spiritual practice, functions as a bridge that spans the divide between cognitive comprehension and heartfelt assimilation. Much like the carefully crafted liturgy of a church service, which establishes a sacred space for encountering the transcendent God collectively and individually, this book seeks to weave a liturgy into the fabric of our lives. It aspires to create a continuous sacred space throughout our day, resonating with the same sense of holiness experienced during communal worship.

Just as church bells echo across the city, serving as a poignant reminder of a higher calling amidst the hustle of daily life, this book becomes the metaphorical church bell of City Church. It rings out, calling individuals to pause amid their daily routines and attune

themselves to the divine presence, fostering a connection with the sacred that extends beyond the confines of traditional worship spaces.

Our hope is that this book can help develop personal practices that communally unite us as we pray and read the same things throughout our days. Each day, set aside time for morning, afternoon, and evening prayer and call to mind the other members of our church that are participating alongside you.

Finally, this is not intended to be an extra task to add to hectic days—instead, it is a gift of pause to receive, helping us reorganize our priorities and reorient ourselves to God throughout the day. Find freedom in being consistently inconsistent as some days may only hold the capacity for smaller portions of these prayers and selected readings. Be comforted and strengthened that God knows your frame.

How to use this Prayer Book:

Daily Prayer

The Daily Prayer pages contain the daily liturgies meant to help shape our prayers. Each day of the week is divided into three sections: Morning, Afternoon, and Evening Prayer. In different seasons, you may find you are only able to set aside one or two of these times to pray. That's ok. Each day follows a similar rhythm with space for selected readings, Psalms, and Proverbs. You can find these readings in the daily planner section corresponding to the calendar day. The selected readings follow the preaching calendar of the church.

Daily Planner

The daily planner offers space for your notes, prayers, and reflections. You will find the day's readings in the order of morning, midday, and evening, as well as extra room on Sundays for sermon notes. At the start of each week, you'll find the Examen. This is a space for you to reflect on the week behind and move into the week ahead. Spend some time each week, recalling the actions and inactions of your head, heart, and hands, and let this guide your momentum into the next week. Let this planner shape the way you order your days before the Lord.

Treasury of Intercessions

This collection of prayers has been specifically penned by various members of City Church. These can be used as supplemental prayers for your daily rhythm, or to bolster your prayer life when words seem to fail you.

Treasury of Breath Prayers

Breath Prayers are an ancient practice that combine breathing techniques along with centering the mind on God. This collection of prayers can be used in times of busy-ness or acute emotion where we need to intentionally pause and fix our minds on God. These can be repeated several times in a row as a method to seek peace and recall what is true, beautiful, and good.

Treasury of Call and Response

This collection of Call and Response prayers are written to be used in groups, with one leader reading the words in standard font and the rest of the group reading the italicized words together. While they can

still be used alone, our hope is that you'll use them with family members, roommates, and growth groups.

Treasury of Blessings

This collection of blessings is meant to be read over certain people, events, or rites of passage. These words seek to invoke the favor of God on a particular person, situation, or place. The practice of reading and reciting these words is an act of love—calling our attention and the attention of God toward something good. It is also an act of faith—trusting that God will see what we see and respond with kindness.

The Liturgical Year

The liturgical calendar follows the life of Christ and its cyclical rhythm invites us to enter the movement of his life on a yearly basis. As we observe each season, we can observe the story of Jesus. We pray that as you allow the seasons of the church year and anchor your life to the life of Christ, you'll discover that a fuller joy and vitality marks your days.

ADVENT (December 3–December 24)

CHRISTMASTIDE (December 25–January 5)

EPIPHANY (January 6–February 13)

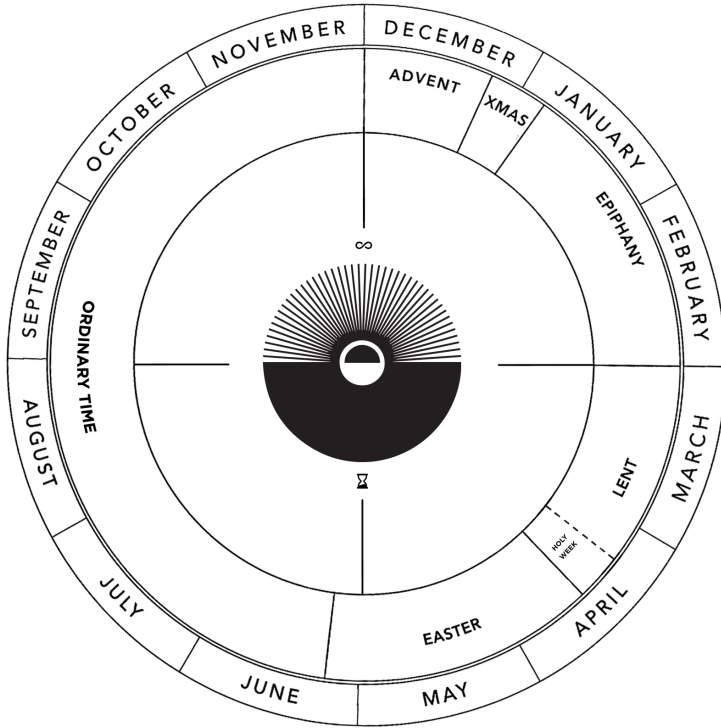
LENT (February 14–March 30)

HOLY WEEK (March 24–30)

EASTER TIDE (March 31–May 18)

PENTECOST / ORDINARY TIME (May 19–November 30)

The Liturgical Calendar



QR Codes

Throughout this book you will find QR codes. Using your phone's camera, scan the code, then click the link. This will take you to a page on our church's website that includes specific information for that season. This will be updated in accordance with the liturgical calendar throughout the year, and include practices, resources, and music for the season.

Using This Book For Groups

This can be used as a resource for Growth Groups or household worship. With roommates, family, or friends, choose one or multiple people to read from the daily prayers pages, or craft your own liturgy from the Treasuries of prayer. Use the QR code to find more resources, music, and practices. The Treasury of Call and Response would be particularly useful here. Pray these words over your children, spouse, friends, etc.

Using This Book For Individuals

Take a few breaths to center yourself before beginning. Slowly read and pray through the corresponding day/hour of prayer and selected reading. If you feel a stirring of a few words, repeat them. Be curious about your feelings and bring them before God. Why am I feeling encouraged by this word/passage/verse? What does that mean for my day? My relationships with others?

Contemplative Engagement with Scripture

Read Emotionally: Read out loud and read the feelings involved. For example, when reading Psalm 23, read it calmly and at a pace that encourages rest. Psalm 63 has David pleading and longing for God; do the same as you pray the Psalm.

Repetition: Read the passage slowly. Repeat it a few times. Notice any words that draw you in. Why do they draw you in? How does this passage lead to a deepening relationship with God?

Gospel Contemplation: This works best with narrative passages, like the Gospels, and many stories from the Old Testament. Read the

passage. Set yourself into the story. Who are you in the story? Are you one of the disciples? Are you a bystander? What do you notice?

Lectio Divina: Read the passage slowly, maybe a few times. Consider what God speaks through the few words or verses that stick out to you. Again, be curious about the passage. Why does this stick out to me currently? Finally, respond to the passage. What does it mean about your relationship with God? Talk to Him about it.

Remember: most days may not be profound or feel particularly spiritual. You may find it even to begin to slow yourself to engage with the book. Each time you turn to this book and turn to prayer, it is another opportunity to turn to God.

DAILY PRAYERS

Sunday

Sunday Morning

Confession and Praise

Our God, we give you thanks for bringing us to this day.
Forgive us for the ways we have failed to love you and others.
Father, give us grace in our actions, mercy in our failures.
Jesus, give us consolation in troubles.
Spirit guide us to walk in your ways.
Fill us with love for you and pave a path before us
That leads to the restoration of this world.
Your love and kindness endure forever. Amen.

Selected Reading

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever and ever. Amen.

Interactive Prayer

Our Lord, thank you for (_____)
We know how badly we need you,
And ask that you'll strengthen our hands and feet
For the work you have given us today.
Will you help us to (_____)?
Will you reveal your character and goodness to us?
Will you show us how to walk in your ways?
In the name of the Father, Son, and Holy Spirit. Amen.

Sunday Midday

Selected Psalm

Prayer

Our Heavenly Father,
Thank you for giving us lips and tongue to sing your praise

We lift our voice to you

Thank you for giving us words
To describe how much we love you

We lift our voice to you

Continue to carry us through this day
Teaching us about who you are
And revealing your presence to us

We lift our voice to you

Amen.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord, who was conceived
By the Holy Spirit and born of the virgin Mary.
He suffered under Pontius Pilate, was crucified, died,
And was buried; he descended to hell.
The third day he rose again from the dead.
He ascended to heaven and is seated at the right hand
Of God the Father Almighty.
From there he will come 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.

Sunday Evening

Opening Verse

I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety.

Psalm 4:8

Confession and Praise

Our God whom we love so much,
We confess that we have not lived perfectly
And we give thanks that you pursue us with your faithful love
Grant us peace tonight
Watch over us at our most vulnerable moments
And let us awake in the morning
Ready to praise and obey you.

Amen.

Selected Proverbs

Breath Prayer

Inhale

We can rest

Exhale

Because you never slumber

Doxology

Praise God from whom all blessings flow

Praise Him all creatures here below

Praise Him above ye heavenly hosts

Praise Father, Son, and Holy Ghost

Monday

Monday Morning

Confession and Praise

Our God, we give you thanks for bringing us to this day.
Forgive us for the ways we have failed to love you and others.
Father, give us grace in our actions, mercy in our failures.
Jesus, give us consolation in troubles.
Spirit guide us to walk in your ways.
Fill us with love for you and pave a path before us
that leads to the restoration of this world.
Your love and kindness endure forever. Amen.

Selected Reading

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever and ever. Amen.

Interactive Prayer

Our Lord, thank you for (_____)
We know how badly we need you,
And ask that you'll strengthen our hands and feet
For the work you have given us today.
Will you help us to (_____)?
Will you reveal your character and goodness to us?
Will you show us how to walk in your ways?
In the name of the Father, Son, and Holy Spirit. Amen.

Monday Midday

Selected Psalm

Prayer

Lord we need you

Have mercy

Lord, we love you

Have mercy

Lord, we want to know you more

Have mercy

Lord, help us to live how you desire us to live

Have mercy

Amen.

The Apostles' Creed

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

I believe in Jesus Christ, his only Son, our Lord, who was conceived

By the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died,

And was buried; he descended to hell.

The third day he rose again from the dead.

He ascended to heaven and is seated at the right hand

Of God the Father Almighty.

From there he will come 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.

Monday Evening

Opening Verse

I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety.

Psalm 4:8

Confession and Praise

Our God whom we love so much,
We confess that we have not lived perfectly
And we give thanks that you pursue us with your faithful love
Grant us peace tonight
Watch over us at our most vulnerable moments
And let us awake in the morning
Ready to praise and obey you.
Amen.

Selected Proverbs

Breath Prayer

Inhale

I will rely

Exhale

On your goodness

Doxology

Praise God from whom all blessings flow

Praise Him all creatures here below

Praise Him above ye heavenly hosts

Praise Father, Son, and Holy Ghost

Tuesday

Tuesday Morning

Confession and Praise

Our God, we give you thanks for bringing us to this day.
Forgive us for the ways we have failed to love you and others.
Father, give us grace in our actions, mercy in our failures.
Jesus, give us consolation in troubles.
Spirit guide us to walk in your ways.
Fill us with love for you and pave a path before us
that leads to the restoration of this world.
Your love and kindness endure forever. Amen.

Selected Reading

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever and ever. Amen.

Interactive Prayer

Our Lord, thank you for (_____)
We know how badly we need you,
And ask that you'll strengthen our hands and feet
For the work you have given us today.
Will you help us to (_____)?
Will you reveal your character and goodness to us?
Will you show us how to walk in your ways?
In the name of the Father, Son, and Holy Spirit. Amen.

Tuesday Midday

Selected Psalm

Prayer

God, our hearts are confused and broken

I will trust you

We long to make sense of this senseless world

I will trust you

We desperately need you to be present and near

I will trust you

Please guide us that we might know you more

And be comforted by your presence

I will trust you

Amen.

The Apostles' Creed

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

I believe in Jesus Christ, his only Son, our Lord, who was conceived

By the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died,

And was buried; he descended to hell.

The third day he rose again from the dead.

He ascended to heaven and is seated at the right hand

Of God the Father Almighty.

From there he will come 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.

Tuesday Evening

Opening Verse

I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety.

Psalm 4:8

Confession and Praise

Our God whom we love so much,
We confess that we have not lived perfectly
And we give thanks that you pursue us with your faithful love
Grant us peace tonight
Watch over us at our most vulnerable moments
And let us awake in the morning
Ready to praise and obey you.

Amen.

Selected Proverbs

Breath Prayer

Inhale

I will not be afraid

Exhale

I cannot be hidden from your sight

Doxology

Praise God from whom all blessings flow

Praise Him all creatures here below

Praise Him above ye heavenly hosts

Praise Father, Son, and Holy Ghost

Wednesday

Wednesday Morning

Confession and Praise

Our God, we give you thanks for bringing us to this day.
Forgive us for the ways we have failed to love you and others.
Father, give us grace in our actions, mercy in our failures.
Jesus, give us consolation in troubles.
Spirit guide us to walk in your ways.
Fill us with love for you and pave a path before us
that leads to the restoration of this world.
Your love and kindness endure forever. Amen.

Selected Reading

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever and ever. Amen.

Interactive Prayer

Our Lord, thank you for (_____)
We know how badly we need you,
And ask that you'll strengthen our hands and feet
For the work you have given us today.
Will you help us to (_____)?
Will you reveal your character and goodness to us?
Will you show us how to walk in your ways?
In the name of the Father, Son, and Holy Spirit. Amen.

Wednesday Midday

Selected Psalm

Prayer

Our God, we long for you to make all things new

We do

And we trust you to heal and restore all things

We do

We will not always understand, but commit our worries in prayer to you

We do

In the name of the Father Son and Holy Spirit we pray

Amen.

The Apostles' Creed

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

I believe in Jesus Christ, his only Son, our Lord, who was conceived

By the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died,

And was buried; he descended to hell.

The third day he rose again from the dead.

He ascended to heaven and is seated at the right hand

Of God the Father Almighty.

From there he will come 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.

Wednesday Evening

Opening Verse

I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety.

Psalm 4:8

Confession and Praise

Our God whom we love so much,
We confess that we have not lived perfectly
And we give thanks that you pursue us with your faithful love
Grant us peace tonight
Watch over us at our most vulnerable moments
And let us awake in the morning
Ready to praise and obey you.

Amen.

Selected Proverbs

Breath Prayer

Inhale

I have called upon the Lord

Exhale

And I know he will answer me

Doxology

Praise God from whom all blessings flow

Praise Him all creatures here below

Praise Him above ye heavenly hosts

Praise Father, Son, and Holy Ghost

Thursday

Thursday Morning

Confession and Praise

Our God, we give you thanks for bringing us to this day.
Forgive us for the ways we have failed to love you and others.
Father, give us grace in our actions, mercy in our failures.
Jesus, give us consolation in troubles.
Spirit guide us to walk in your ways.
Fill us with love for you and pave a path before us
that leads to the restoration of this world.
Your love and kindness endure forever. Amen.

Selected Reading

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever and ever. Amen.

Interactive Prayer

Our Lord, thank you for (_____)
We know how badly we need you,
And ask that you'll strengthen our hands and feet
For the work you have given us today.
Will you help us to (_____)?
Will you reveal your character and goodness to us?
Will you show us how to walk in your ways?
In the name of the Father, Son, and Holy Spirit. Amen.

Thursday Midday

Selected Psalm

Prayer

The Holy Spirit is our Counselor and guide

Praise Him

He dwells within those who love him

Praise Him

We enjoy the nearness of God through him

Praise Him

We ask him to take up our causes before the Father's throne

Amen.

The Apostles' Creed

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

I believe in Jesus Christ, his only Son, our Lord, who was conceived

By the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died,

And was buried; he descended to hell.

The third day he rose again from the dead.

He ascended to heaven and is seated at the right hand

Of God the Father Almighty.

From there he will come 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.

Thursday Evening

Opening Verse

I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety.

Psalm 4:8

Confession and Praise

Our God whom we love so much,
We confess that we have not lived perfectly
And we give thanks that you pursue us with your faithful love
Grant us peace tonight
Watch over us at our most vulnerable moments
And let us awake in the morning
Ready to praise and obey you.

Amen.

Selected Proverbs

Breath Prayer

Inhale

I will remember what God has done

Exhale

And I will trust that he is faithful

Doxology

Praise God from whom all blessings flow

Praise Him all creatures here below

Praise Him above ye heavenly hosts

Praise Father, Son, and Holy Ghost

Friday

Friday Morning

Confession and Praise

Our God, we give you thanks for bringing us to this day.
Forgive us for the ways we have failed to love you and others.
Father, give us grace in our actions, mercy in our failures.
Jesus, give us consolation in troubles.
Spirit guide us to walk in your ways.
Fill us with love for you and pave a path before us
that leads to the restoration of this world.
Your love and kindness endure forever. Amen.

Selected Reading

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever and ever. Amen.

Interactive Prayer

Our Lord, thank you for (_____)
We know how badly we need you,
And ask that you'll strengthen our hands and feet
For the work you have given us today.
Will you help us to (_____)?
Will you reveal your character and goodness to us?
Will you show us how to walk in your ways?
In the name of the Father, Son, and Holy Spirit. Amen.

Friday Midday

Selected Psalm

Prayer

We know we have sinned

And we need a savior

So we wait

We are desperate for your mercy

So we wait

We yearn for your compassion

So we wait

We crave to see your faithful love

So we wait

We trust in Jesus Christ, whom you sent to save us

In our waiting, make us new

Amen.

The Apostles' Creed

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

I believe in Jesus Christ, his only Son, our Lord, who was conceived

By the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died,

And was buried; he descended to hell.

The third day he rose again from the dead.

He ascended to heaven and is seated at the right hand

Of God the Father Almighty.

From there he will come 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.

Friday Evening

Opening Verse

I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety.

Psalm 4:8

Confession and Praise

Our God whom we love so much,
We confess that we have not lived perfectly
And we give thanks that you pursue us with your faithful love
Grant us peace tonight
Watch over us at our most vulnerable moments
And let us awake in the morning
Ready to praise and obey you.

Amen.

Selected Proverbs

Breath Prayer

Inhale

The Lord is my shepherd

Exhale

I shall not want

Doxology

Praise God from whom all blessings flow
Praise Him all creatures here below
Praise Him above ye heavenly hosts
Praise Father, Son, and Holy Ghost

Saturday

Saturday Morning

Confession and Praise

Our God, we give you thanks for bringing us to this day.
Forgive us for the ways we have failed to love you and others.
Father, give us grace in our actions, mercy in our failures.
Jesus, give us consolation in troubles.
Spirit guide us to walk in your ways.
Fill us with love for you and pave a path before us
that leads to the restoration of this world.
Your love and kindness endure forever. Amen.

Selected Reading

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the Kingdom, the power, and the glory forever and ever. Amen.

Interactive Prayer

Our Lord, thank you for (_____)

We know how badly we need you,
And ask that you'll strengthen our hands and feet
For the work you have given us today.
Will you help us to (_____)?
Will you reveal your character and goodness to us?
Will you show us how to walk in your ways?
In the name of the Father, Son, and Holy Spirit. Amen.

Saturday Midday

Selected Psalm

Prayer

Bless the Lord!

Praise God

Lift high his name!

Praise God

His love endures forever!

Praise God

Amen.

The Apostles' Creed

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

I believe in Jesus Christ, his only Son, our Lord, who was conceived

By the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died,

And was buried; he descended to hell.

The third day he rose again from the dead.

He ascended to heaven and is seated at the right hand

Of God the Father Almighty.

From there he will come 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.

Saturday Evening

Opening Verse

I will lie down and fall asleep in peace
because you alone, Lord, let me live in safety.

Psalm 4:8

Confession and Praise

Our God whom we love so much,
We confess that we have not lived perfectly
And we give thanks that you pursue us with your faithful love
Grant us peace tonight
Watch over us at our most vulnerable moments
And let us awake in the morning
Ready to praise and obey you.

Amen.

Selected Proverbs

Breath Prayer

Inhale

Forgive our sins

Exhale

As we forgive those who've sinned against us

Doxology

Praise God from whom all blessings flow

Praise Him all creatures here below

Praise Him above ye heavenly hosts

Praise Father, Son, and Holy Ghost

PLANNER PAGES

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



December 3, 2023

Genesis 1–3, Psalm 1, Proverbs 1

Sunday Sermon Notes



First Day of Advent, December 3

December 4th–6th

Monday

Genesis 1:1–23, Psalm 2, Proverbs 2

Tuesday

Genesis 1:24–31, Psalm 3, Proverbs 3

Wednesday

Genesis 2:1–17, Psalm 4, Proverbs 4

December 7th–9th

Thursday

Genesis 2:18–25, Psalm 5, Proverbs 5

Friday

Genesis 3:1–7, Psalm 6, Proverbs 6

Saturday

Genesis 3:8–24, Psalm 7, Proverbs 7

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



December 10, 2023

Genesis 8-9, Psalm 8, Proverbs 8

Sunday Sermon Notes

December 11th–13th

Monday

Genesis 8:1–14, Psalm 9, Proverbs 9

Tuesday

Genesis 8:15–19, Psalm 10, Proverbs 10

Wednesday

Genesis 8:20–22, Psalm 11, Proverbs 11

December 14th–16th

Thursday

Genesis 9:1–7, Psalm 12, Proverbs 12

Friday

Genesis 9:8–17, Psalm 13, Proverbs 13

Saturday

Genesis 9:18–28, Psalm 14, Proverbs 14

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



December 17, 2023

Exodus 15-16, Psalm 15, Proverbs 15

Sunday Sermon Notes

December 18th–20th

Monday

Exodus 15:1–18, Psalm 16, Proverbs 16

Tuesday

Exodus 15:19–21, Psalm 17, Proverbs 17

Wednesday

Exodus 15:22–27, Psalm 18, Proverbs 18

December 21st–23rd

Thursday

Exodus 16:1–12, Psalm 19, Proverbs 19

Friday

Exodus 16:13–26, Psalm 20, Proverbs 20

Saturday

Exodus 16:27–36, Psalm 21, Proverbs 21

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



December 24, 2023

Ezra 3, Psalm 22, Proverbs 22

Sunday Sermon Notes



First Day of Christmastide, December 25

December 25th–27th

Monday

Ezra 3:1–4, Psalm 23, Proverbs 23

Tuesday

Ezra 3:5, Psalm 24, Proverbs 24

Wednesday

Ezra 3:6–7, Psalm 25, Proverbs 25

December 28th–30th

Thursday

Ezra 3:8–9, Psalm 26, Proverbs 26

Friday

Ezra 3:10–11, Psalm 27, Proverbs 27

Saturday

Ezra 3:12–13, Psalm 28, Proverbs 28

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



December 31, 2023

Luke 2:22–38, Psalm 29, Proverbs 29

Sunday Sermon Notes



First Day of Epiphany, January 6

January 1st–3rd

Monday

Luke 2:1–7, Psalm 30, Proverbs 30

Tuesday

Luke 2:8–20, Psalm 31, Proverbs 31

Wednesday

Luke 2:21–24, Psalm 32, Proverbs 1

January 4th–6th

Thursday

Luke 2:25–35, Psalm 33, Proverbs 2

Friday

Luke 2:36–40, Psalm 34, Proverbs 3

Saturday

Luke 2:41–52, Psalm 35, Proverbs 4

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



January 7, 2024

Matthew 13:1-23, Psalm 36, Proverbs 5

Sunday Sermon Notes

January 8th–10th

Monday

Matthew 13:1–8, Psalm 37, Proverbs 6

Tuesday

Matthew 13:9, Psalm 38, Proverbs 7

Wednesday

Matthew 13:10–13, Psalm 39, Proverbs 8

January 11th–13th

Thursday

Matthew 13:14–15, Psalm 40, Proverbs 9

Friday

Matthew 13:16–17, Psalm 41, Proverbs 10

Saturday

Matthew 13:18–23, Psalm 42, Proverbs 11

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



January 14, 2024

Matthew 13:24–30, 36–43, Psalms 43, Proverbs 12

Sunday Sermon Notes

January 15th–17th

Monday

Matthew 13:24–30, Psalm 44, Proverbs 13

Tuesday

Matthew 13:34, Psalm 45, Proverbs 14

Wednesday

Matthew 13:35 Psalm 46, Proverbs 15

December 7th–9th

Thursday

Matthew 13:36–39, Psalm 47, Proverbs 16

Friday

Matthew 13:40–43, Psalm 48, Proverbs 17

Saturday

Matthew 13:43b, Psalm 49, Proverbs 18

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



January 21, 2024

Matthew 13:31–35, Psalm 50, Proverbs 19

Sunday Sermon Notes

January 22nd–24th

Monday

Matthew 13:31–32, Psalm 51, Proverbs 19

Tuesday

Matthew 13:33, Psalm 52, Proverbs 20

Wednesday

Mark 4:30–32, Psalm 53, Proverbs 21

January 25th–27th

Thursday

Luke 13:18–19, Psalm 54, Proverbs 22

Friday

Luke 13:20–21, Psalm 55, Proverbs 23

Saturday

Mark 4:33–34, Psalm 56, Proverbs 24

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



January 28, 2024

Matthew 13:44-46, Psalm 57, Proverbs 25

Sunday Sermon Notes

January 29th–31st

Monday

Matthew 5:1–10, Psalm 58, Proverbs 26

Tuesday

Matthew 5:11–12, Psalm 59, Proverbs 27

Wednesday

Matthew 5:13, Psalm 60, Proverbs 28

February 1st–3rd

Thursday

Matthew 5:14–16, Psalm 61, Proverbs 29

Friday

Matthew 5:17–20, Psalm 62, Proverbs 30

Saturday

Matthew 5:21–26, Psalm 62, Proverbs 31

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



February 4, 2024

Matthew 13:47-52, Psalm 63, Proverbs 1

Sunday Sermon Notes

February 5th–7th

Monday

Matthew 13:47–50, Psalm 64, Proverbs 2

Tuesday

Matthew 13:51–52, Psalm 65, Proverbs 3

Wednesday

Matthew 5:27–29, Psalm 66, Proverbs 4

February 8th–10th

Thursday

Matthew 5:31–37, Psalm 67, Proverbs 5

Friday

Matthew 5:38–42, Psalm 68, Proverbs 6

Saturday

Matthew 5:43–48, Psalm 69, Proverbs 7

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



February 11, 2024

Matthew 18:10-14, Psalm 70, Proverbs 8

Sunday Sermon Notes



First Day of Lent, February 14

February 12th–14th

Monday

Matthew 18:10–14, Psalm, 71, Proverbs 9

Tuesday

Luke 15:3–7, Psalm 72, Proverbs 10

Wednesday

Matthew 6:1–4, Psalm 73, Proverbs 11

February 15th–17th

Thursday

Matthew 6:5–8, Psalm 74, Proverbs 12

Friday

Matthew 6:9–13, Psalm 75, Proverbs 13

Saturday

Matthew 6:14–15, Psalm 75, Proverbs 13

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



February 18, 2024

Matthew 18:21–35, Psalm 76, Proverbs 14

Sunday Sermon Notes

February 19th–21st

Monday

Matthew 18:21–22, Psalm 77, Proverbs 15

Tuesday

Matthew 18:23–34, Psalm 78, Proverbs 16

Wednesday

Matthew 18:35, Psalm 79, Proverbs 17

February 22nd–24th

Thursday

Matthew 6:16–18, Psalm 80, Proverbs 18

Friday

Matthew 6:19–24, Psalm 81, Proverbs 19

Saturday

Matthew 6:25–34, Psalm 82, Proverbs 20

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



February 25, 2024

Matthew 20:1-16, Psalm 83, Proverbs 21

Sunday Sermon Notes

February 26th–28th

Monday

Matthew 20:1–15, Psalm 84, Proverbs 22

Tuesday

Matthew 20:16, Psalm 85, Proverbs 23

Wednesday

Matthew 7:1–6, Psalm 86, Proverbs 24

February 29th–March 2nd

Thursday

Matthew 7:7–12, Psalm 87, Proverbs 26

Friday

Matthew 7:13–23, Psalm 88, Proverbs 27

Saturday

Matthew 7:24–28, Psalm 89, Proverbs 28

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



March 3, 2024

Matthew 21:28-32, Psalm 90, Proverbs 29

Sunday Sermon Notes

March 4th–6th

Monday

Matthew 21:1–5, Psalm 91, Proverbs 30

Tuesday

Matthew 21:6–11, Psalm 92, Proverbs 31

Wednesday

Matthew 21:12–17, Psalm 93, Proverbs 1

March 7th–9th

Thursday

Matthew 21:18–22, Psalm 94, Proverbs 2

Friday

Matthew 21:23–27, Psalm 95, Proverbs 3

Saturday

Matthew 21:28–32, Psalm 96, Proverbs 4

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



March 10, 2024

Matthew 21:33-46, Psalm 97, Proverbs 5

Sunday Sermon Notes

March 11th–13th

Monday

Matthew 21:33–41 Psalm 98, Proverbs 6

Tuesday

Matthew 21:42, Psalm 99, Proverbs 7

Wednesday

Matthew 21:43–44, Psalm 100, Proverbs 8

March 14th–16th

Thursday

Matthew 23:45–46, Psalm 101, Proverbs 9

Friday

Mark 12:1–11, Psalm 102, Proverbs 10

Saturday

Luke 20:9–18, Psalm 103, Proverbs 11

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



March 17, 2024

Matthew 22:1-14, Psalm 104, Proverbs 12

Sunday Sermon Notes

March 18th–20th

Monday

Matthew 22:1–13, Psalm 105, Proverbs 13

Tuesday

Matthew 22:14, Psalm 106, Proverbs 14

Wednesday

Matthew 22:15–22, Psalm 107, Proverbs 15

March 21st–23rd

Thursday

Matthew 22:23–33, Psalm 108, Proverbs 16

Friday

Matthew 22:34–40, Psalm 109, Proverbs 17

Saturday

Matthew 22:41–45, Psalm 110, Proverbs 18

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



March 24, 2024

John 12:12-19, Psalm 111, Proverbs 19

Sunday Sermon Notes



Holy Week, March 24th–30th

March 25th–27th

Monday

John 12:1–8, Psalm 112, Proverbs 20

Tuesday

John 12:9–11, Psalm 113, Proverbs 21

Wednesday

John 12:12–19, Psalm 114, Proverbs 22

March 28th–30th

Thursday

John 12:20–35, Psalm 115, Proverbs 23

Friday

John 12:36–43, Psalm 116, Proverbs 24

Saturday

John 12:44–50, Psalm 117, Proverbs 25

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



March 31, 2024

John 19–20, Psalm 118, Proverbs 26

Sunday Sermon Notes



First Day of Eastertide, March 31

April 1st–3rd

Monday

John 19:1–16, Psalm 119:1–32, Proverbs 27

Tuesday

John 19:17–27, Psalm 119:33–64, Proverbs 28

Wednesday

John 19:28–42, Psalm 119:65–96, Proverbs 29

April 4th–6th

Thursday

John 20:1–10 Psalm 119:97–120, Proverbs 30

Friday

John 20:11–23, Psalm 119:121–152, Proverbs 31

Saturday

John 20:24–31, Psalm 119:153–176, Proverbs 1

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



April 7, 2024

Acts 25:1-11, Psalm 120, Proverbs 2

Sunday Sermon Notes

April 8th–10th

Monday

Matthew 27:45–56, Psalm 121, Proverbs 3

Tuesday

Matthew 27:57–61, Psalm 122, Proverbs 4

Wednesday

Matthew 27:62–65, Psalm 123, Proverbs 5

April 11th–13th

Thursday

Matthew 28:1–10, Psalm 124, Proverbs 6

Friday

Matthew 28:11–17, Psalm 125, Proverbs 7

Saturday

Matthew 28:18–20, Psalm 126, Proverbs 8

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



April 14, 2024

1 Corinthians 1:1-17, Psalm 127, Proverbs 9

Sunday Sermon Notes

April 15th–17th

Monday

1 Corinthians 1:1–3, Psalm 128, Proverbs 10

Tuesday

1 Corinthians 1:4–8, Psalm 129, Proverbs 11

Wednesday

1 Corinthians 1:9, Psalm 130, Proverbs 12

April 18th–20th

Thursday

1 Corinthians 1:10, Psalm 131, Proverbs 13

Friday

1 Corinthians 1:11–13, Psalm 132, Proverbs 14

Saturday

1 Corinthians 1:14–17, Psalm 133, Proverbs 15

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



April 21, 2024

1 Corinthians 1:18–31, Psalm 134, Proverbs 16

Sunday Sermon Notes

April 22nd–24th

Monday

1 Corinthians 1:18, Psalm 135, Proverbs 17

Tuesday

1 Corinthians 1:19, Psalm 136, Proverbs 18

Wednesday

1 Corinthians 1:20–21, Psalm 137, Proverbs 19

April 25th–27th

Thursday *1 Corinthians 1:22–23, Psalm 138, Proverbs 20*

Friday *1 Corinthians 1:24, Psalm 139, Proverbs 21*

Saturday *1 Corinthians 1:25, Psalm 140, Proverbs 22*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



April 28, 2024

1 Corinthians 2:1-16, Psalm 141, Proverbs 23

Sunday Sermon Notes

April 29th–May 1st

Monday

1 Corinthians 2:1–5, Psalm 142, Proverbs 24

Tuesday

1 Corinthians 2:6–7, Psalm 143, Proverbs 25

Wednesday

1 Corinthians 2:8–9, Psalm 144, Proverbs 26

May 2nd–4th

Thursday

1 Corinthians 2:10–11, Psalm 145, Proverbs 26

Friday

1 Corinthians 2:12–14, Psalm 146, Proverbs 27

Saturday

1 Corinthians 2:15–16, Psalm 147, Proverbs 28

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



May 5, 2024

1 Corinthians 3:1-23, Psalm 148, Proverbs 29

Sunday Sermon Notes

May 6th–8th

Monday

1 Corinthians 3:1–3, Psalm 149, Proverbs 30

Tuesday

1 Corinthians 3:4–6, Psalm 150, Proverbs 31

Wednesday

1 Corinthians 3:7–9, Psalm 1, Proverbs 1

May 9th–11th

Thursday

1 Corinthians 3:10–17, Psalm 2, Proverbs 2

Friday

1 Corinthians 3:18–20, Psalm 3, Proverbs 3

Saturday

1 Corinthians 3:21–23, Psalm 4, Proverbs 4

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



May 12, 2024

1 Corinthians 4:1-21, Psalm 5, Proverbs 5

Sunday Sermon Notes

May 13th–15th

Monday

1 Corinthians 4:1–2, Psalm 6, Proverbs 6

Tuesday

1 Corinthians 4:3–5, Psalm 7, Proverbs 7

Wednesday

1 Corinthians 4:6–9, Psalm 8, Proverbs 8

May 16th–18th

Thursday

1 Corinthians 4:10–13, Psalm 9, Proverbs 9

Friday

1 Corinthians 3:14–17, Psalm 10, Proverbs 10

Saturday

1 Corinthians 3:18–21, Psalm 11, Proverbs 11

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



May 19, 2024

1 Corinthians 5:1-13, Psalm 12, Proverb 12

Sunday Sermon Notes



First Day of Pentecost / Ordinary Time, May 19

May 20th–22nd

Monday

1 Corinthians 5:1–2, Psalm 13, Proverbs 13

Tuesday

1 Corinthians 5:3–5, Psalm 14, Proverbs 14

Wednesday

1 Corinthians 5:6–7, Psalm 15, Proverbs 15

May 23rd–25th

Thursday

1 Corinthians 5:8, Psalm 16, Proverbs 16

Friday

1 Corinthians 5:9–11, Psalm 17, Proverbs 17

Saturday

1 Corinthians 5:12–13, Psalm 18, Proverbs 18

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



May 26, 2024

1 Corinthians 6:1-8, Psalm 19, Proverbs 19

Sunday Sermon Notes

May 27th–29th

Monday

1 Corinthians 6:1–2, Psalm 20, Proverbs 20

Tuesday

1 Corinthians 6:3–4, Psalm 21, Proverbs 21

Wednesday

1 Corinthians 6:5–6, Psalm 22, Proverbs 22

May 30th–June 1st

Thursday

1 Corinthians 6:7, Psalm 23, Proverbs 23

Friday

1 Corinthians 6:8, Psalm 24, Proverbs 24

Saturday

1 Corinthians 6:9, Psalm 25, Proverbs 25

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



June 2, 2024

1 Corinthians 6:9-20, Psalm 26, Proverbs 26

Sunday Sermon Notes

June 3rd–5th

Monday

1 Corinthians 6:9–10, Psalm 27, Proverbs 27

Tuesday

1 Corinthians 6:11, Psalm 28, Proverbs 28

Wednesday

1 Corinthians 6:12–13, Psalm 29, Proverbs 29

June 6th–8th

Thursday

1 Corinthians 6:14–17, Psalm 30, Proverbs 30

Friday

1 Corinthians 6:18, Psalm 31, Proverbs 31

Saturday

1 Corinthians 6:19–20, Psalm 32, Proverbs 1

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



June 9, 2024

1 Corinthians 7:1-16, Psalm 33, Proverbs 2

Sunday Sermon Notes

June 10th–12th

Monday

1 Corinthians 7:1–2, Psalm 34, Proverbs 3

Tuesday

1 Corinthians 7:3–5, Psalm 35, Proverbs 4

Wednesday

1 Corinthians 7:6–9, Psalm 36, Proverbs 5

June 13th–15th

Thursday

1 Corinthians 7:10–12, Psalm 37, Proverbs 6

Friday

1 Corinthians 7:13–14, Psalm 38, Proverbs 7

Saturday

1 Corinthians 7:15–16, Psalm 39, Proverbs 8

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



June 16, 2024

1 Corinthians 7:1-40, Psalm 40, Proverbs 9

Sunday Sermon Notes

June 17th–19th

Monday

1 Corinthians 7:1–2, Psalm 41, Proverbs 10

Tuesday

1 Corinthians 7:3–4, Psalm 42, Proverbs 11

Wednesday

1 Corinthians 7:5–7, Psalm 43, Proverbs 12

June 20th–22nd

Thursday

1 Corinthians 7: 8–9, Psalm 44, Proverbs 13

Friday

1 Corinthians 7:10–11, Psalm 45, Proverbs 14

Saturday

1 Corinthians 7:12, Psalm 46, Proverbs 15

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



June 23, 2024

1 Corinthians 7:1–40, Psalm 46, Proverbs 15

Sunday Sermon Notes

June 24th–26th

Monday

1 Corinthians 7:13–16, Psalm 47, Proverbs 16

Tuesday

1 Corinthians 7:17, Psalm 48, Proverbs 17

Wednesday

1 Corinthians 7:18–24, Psalm 49, Proverbs 18

June 27th–29th

Thursday

1 Corinthians 7:25–26, Psalm 50, Proverbs 19

Friday

1 Corinthians 7:27–28, Psalm 51, Proverbs 20

Saturday

1 Corinthians 7:29–31, Psalm 52, Proverbs 21

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



June 30, 2024

1 Corinthians 7:1–40, Psalm 53, Proverbs 22

Sunday Sermon Notes

July 1st–3rd

Monday

1 Corinthians 7:32–34, Psalm 54, Proverbs 23

Tuesday

1 Corinthians 7:35, Psalm 55, Proverbs 24

Wednesday

1 Corinthians 7:36, Psalm 56, Proverbs 25

July 4th–6th

Thursday

1 Corinthians 7:37–38, Psalm 57, Proverbs 26

Friday

1 Corinthians 7:39, Psalm 58, Proverbs 27

Saturday

1 Corinthians 7:40, Psalm 59, Proverbs 28

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



July 7, 2024

1 Corinthians 8:1-13, Psalm 60, Proverbs 29

Sunday Sermon Notes

July 8th–10th

Monday

1 Corinthians 8:1, Psalm 61, Proverbs 30

Tuesday

1 Corinthians 8:2–3, Psalm 62, Proverbs 31

Wednesday

1 Corinthians 8:4–6, Psalm 63, Proverbs 1

July 11th–13th

Thursday

1 Corinthians 8:7–9, Psalm 64, Proverbs 2

Friday

1 Corinthians 8:10–11, Psalm 65, Proverbs 3

Saturday

1 Corinthians 8:12–13, Psalm 66, Proverbs 4

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



July 14, 2024

1 Corinthians 9:1-27, Psalm 67, Proverbs 5

Sunday Sermon Notes

July 15th–17th

Monday

1 Corinthians 9:1–2, Psalm 68, Proverbs 6

Tuesday

1 Corinthians 9:3–10, Psalm 69, Proverbs 7

Wednesday

1 Corinthians 9:11–14, Psalm 70, Proverbs 8

July 18th–20th

Thursday

1 Corinthians 9:15–18, Psalm 71, Proverbs 9

Friday

1 Corinthians 9:19–23, Psalm 72, Proverbs 10

Saturday

1 Corinthians 9:24–27, Psalm 73, Proverbs 11

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



July 21, 2024

1 Corinthians 10:1-22, Psalm 74, Proverbs 12

Sunday Sermon Notes

July 22nd– 24th

Monday

1 Corinthians 10:1–5, Psalm 75, Proverbs 13

Tuesday

1 Corinthians 10:6–7, Psalm 76, Proverbs 14

Wednesday

1 Corinthians 10:8–11, Psalm 77, Proverbs 15

July 25th–27th

Thursday

1 Corinthians 10:12–13, Psalm 78, Proverbs 16

Friday

1 Corinthians 10:14–17, Psalm 79, Proverbs 17

Saturday

1 Corinthians 10:18–22, Psalm 80, Proverbs 18

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



July 28, 2024

1 Corinthians 10:22–33, Psalm 81, Proverbs 19

Sunday Sermon Notes

July 29th–31st

Monday

1 Corinthians 10:23, Psalm 82, Proverbs 20

Tuesday

1 Corinthians 10:24, Psalm 83, Proverbs 21

Wednesday

1 Corinthians 10:25–26, Psalm 84, Proverbs 22

August 1st–3rd

Thursday *1 Corinthians 10:27–28, Psalm 85, Proverbs 23*

Friday *1 Corinthians 10:29–30, Psalm 86, Proverbs 24*

Saturday *1 Corinthians 10:31–33, Psalm 87, Proverbs 25*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



August 4, 2024

1 Corinthians 11:1-16, Psalm 88, Proverbs 26

Sunday Sermon Notes

August 5th–7th

Monday

1 Corinthians 11:1, Psalm 89, Proverbs 27

Tuesday

1 Corinthians 11:2, Psalm 90, Proverbs 28

Wednesday

1 Corinthians 11:3–6, Psalm 91, Proverbs 29

August 8th–10th

Thursday

1 Corinthians 11:7–10, Psalm 92, Proverbs 30

Friday

1 Corinthians 11:11–12, Psalm 93, Proverbs 31

Saturday

1 Corinthians 11:13–16, Psalm 94, Proverbs 1

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



August 11, 2024

1 Corinthians 11:17-34, Psalm 95, Proverbs 2

Sunday Sermon Notes

August 12th–14th

Monday

1 Corinthians 11:17–22, Psalm 96, Proverbs 3

Tuesday

1 Corinthians 11:23–24, Psalm 97, Proverbs 4

Wednesday

1 Corinthians 11:25–26, Psalm 98, Proverbs 5

August 15th–17th

Thursday

1 Corinthians 11:27–28, Psalm 99, Proverbs 6

Friday

1 Corinthians 11:29–32, Psalm 100, Proverbs 7

Saturday

1 Corinthians 11:33–34, Psalm 101, Proverbs 8

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



August 18, 2024

1 Corinthians 12:1–40, Psalm 102, Proverbs 9

Sunday Sermon Notes

August 19th–21st

Monday

1 Corinthians 12:1–2, Psalm 103, Proverbs 10

Tuesday

1 Corinthians 12:3, Psalm 104, Proverbs 11

Wednesday

1 Corinthians 12:4–6, Psalm 105, Proverbs 12

August 22nd–24th

Thursday *1 Corinthians 12:7–11, Psalm 106, Proverbs 13*

Friday *1 Corinthians 12:12, Psalm 107, Proverbs 14*

Saturday *1 Corinthians 12:13–14, Psalm 108, Proverbs 15*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



August 25, 2024

1 Corinthians 12:1–31, Psalm 109, Proverbs 16

Sunday Sermon Notes

August 26th–28th

Monday *1 Corinthians 12:15–17, Psalms 110, Proverbs 17*

Tuesday *1 Corinthians 12:18–19, Psalm 111, Proverbs 18*

Wednesday *1 Corinthians 12:20–22, Psalm 112, Proverbs 19*

August 29th–31st

Thursday *1 Corinthians 12:23–25, Psalm 113, Proverbs 20*

Friday *1 Corinthians 12:26, Psalm 114, Proverbs 21*

Saturday *1 Corinthians 12:27–31, Psalm 115, Proverbs 22*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



September 1, 2024

1 Corinthians 13:1-13, Psalm 116, Proverbs 23

Sunday Sermon Notes

September 2nd–4th

Monday

1 Corinthians 13:1, Psalm 117, Proverbs 24

Tuesday

1 Corinthians 13:2, Psalm 118, Proverbs 25

Wednesday

1 Corinthians 13:3, Psalm 119:1–32, Proverbs 26

September 5th–7th

Thursday 1 Corinthians 13:4–7, Psalm 119:33–64, Proverbs 27

Friday 1 Corinthians 13:8–10, Psalm 119:65–96, Proverbs 28

Saturday 1 Corinthians 13:11–13, Psalm 119:97–120, Proverbs 29

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



September 8, 2024

1 Corinthians 14:1–25, Psalm 119:121–152, Proverbs 30

Sunday Sermon Notes

September 9th–11th

Monday 1 Corinthians 14:1–2, Psalm 119:153–176, Proverbs 31

Tuesday 1 Corinthians 14:3–5, Psalm 120, Proverbs 1

Wednesday 1 Corinthians 14:6–12, Psalm 121, Proverbs 2

September 12th–14th

Thursday

1 Corinthians 14:13–19, Psalm 122, Proverbs 3

Friday

1 Corinthians 14:13–21, Psalm 123, Proverbs 4

Saturday

1 Corinthians 14:22–25, Psalm 124, Proverbs 5

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



September 15, 2024

1 Corinthians 14:26–40, Psalm 125, Proverbs 6

Sunday Sermon Notes

September 16th–18th

Monday

1 Corinthians 14:26, Psalm 126, Proverbs 7

Tuesday

1 Corinthians 14:27–29, Psalm 127, Proverbs 8

Wednesday

1 Corinthians 14:30–31, Psalm 128, Proverbs 9

September 19th–21st

Thursday *1 Corinthians 14:32–36, Psalm 129, Proverbs 10*

Friday *1 Corinthians 14:37–38, Psalm 130, Proverbs 11*

Saturday *1 Corinthians 14:39–40, Psalm 131, Proverbs 12*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



September 22, 2024

1 Corinthians 15:1-11, Psalm 132, Proverbs 13

Sunday Sermon Notes

September 23rd–25th

Monday

1 Corinthians 15:1–2, Psalm 133, Proverbs 14

Tuesday

1 Corinthians 15:3–5, Psalm 134, Proverbs 15

Wednesday

1 Corinthians 15:6–8, Psalm 135, Proverbs 16

September 26th–28th

Thursday

1 Corinthians 15:9, Psalm 136, Proverbs 17

Friday

1 Corinthians 15:10, Psalm 137, Proverbs 18

Saturday

1 Corinthians 15:11, Psalm 138, Proverbs 19

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



September 29, 2024

1 Corinthians 15:12–34, Psalm 139, Proverbs 20

Sunday Sermon Notes

September 30th–October 1st

Monday *1 Corinthians 15:12–15, Psalm 140, Proverbs 21*

Tuesday *1 Corinthians 15:16–19, Psalm 141, Proverbs 22*

Wednesday *1 Cornerstone 15:20–22, Psalm 142, Proverbs 23*

October 2nd–4th

Thursday *1 Corinthians 15:23–28, Psalm 143, Proverbs 24*

Friday *1 Corinthians 15:29–32, Psalm 144, Proverbs 25*

Saturday *1 Corinthians 15:33–35, Psalm 145, Proverbs 26*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



October 6, 2024

1 Corinthians 15:35–58, Psalm 146, Proverbs 27

Sunday Sermon Notes

October 7th–9th

Monday *1 Corinthians 15:35–38, Psalm 147, Proverbs 28*

Tuesday *1 Corinthians 15:39–44, Psalm 148, Proverbs 29*

Wednesday *1 Corinthians 15:45–49, Psalm 149, Proverbs 30*

October 10th–12th

Thursday *1 Corinthians 15:50–52, Psalm 150, Proverbs 31*

Friday *1 Corinthians 15:53–57, Psalm 1, Proverbs 1*

Saturday *1 Corinthians 15:57–58, Psalm 2, Proverbs 2*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



October 13, 2024

1 Corinthians 16:1-24, Psalm 3, Proverbs 3

Sunday Sermon Notes

October 14th–16th

Monday

1 Corinthians 16:1–4, Psalm 4, Proverbs 4

Tuesday

1 Corinthians 16:5–9, Psalm 5, Proverbs 5

Wednesday

1 Corinthians 16:10–12, Psalm 6, Proverbs 6

October 17th–19th

Thursday

1 Corinthians 16:13–14, Psalm 7, Proverbs 7

Friday

1 Corinthians 16:15–18, Psalm 8, Proverbs 8

Saturday

1 Corinthians 16:19–24, Psalm 9, Proverbs 9

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



October 20, 2024

1 Corinthians 1-16, Psalm 10, Proverbs 10

Sunday Sermon Notes

October 21st–23rd

Monday

1 Corinthians 1:16–25, Psalm 11, Proverbs 11

Tuesday

1 Corinthians 2:6–16, Psalm 12, Proverbs 12

Wednesday

1 Corinthians 10:23–32, Psalm 13, Proverbs 13

October 24th–26th

Thursday *1 Corinthians 11:17–26, Psalm 14, Proverbs 14*

Friday *1 Corinthians 12:12–23, Psalm 15, Proverbs 15*

Saturday *1 Corinthians 13:1–13, Psalm 16, Proverbs 16*

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



October 27, 2024

Zechariah 1-8, Psalm 17, Proverbs 17

Sunday Sermon Notes

October 28th–30th

Monday

Zechariah 1, Psalm 18, Proverbs 18

Tuesday

Zechariah 2–3, Psalm 19, Proverbs 19

Wednesday

Zechariah 4–5, Psalm 20, Proverbs 20

October 31st–November 2nd

Thursday

Zechariah 6, Psalm 21, Proverbs 21

Friday

Zechariah 7, Psalm 22, Proverbs 22

Saturday

Zechariah 8, Psalm 23, Proverbs 23

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



November 3, 2024

Zechariah 9-11, Psalm 24, Proverbs 24

Sunday Sermon Notes

November 4th–6th

Monday

Zechariah 9:1–8, Psalm 25, Proverbs 25

Tuesday

Zechariah 9:9–17, Psalm 26, Proverbs 26

Wednesday

Zechariah 10:1–7, Psalm 27, Proverbs 27

November 7th–9th

Thursday

Zechariah 10:8–12, Psalm 28, Proverbs 28

Friday

Zechariah 11:1–6, Psalm 29, Proverbs 29

Saturday

Zechariah 11:7–17, Psalm 30, Proverbs 30

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



November 10, 2024

Zechariah 12-14, Psalm 31, Proverbs 31

Sunday Sermon Notes

November 11th–13th

Monday

Zechariah 12:1–9, Psalm 32, Proverbs 1

Tuesday

Zechariah 12:10–14, Psalm 33, Proverbs 2

Wednesday

Zechariah 13:1–8, Psalm 34, Proverbs 3

November 14th–16th

Thursday

Zechariah 13:7–9, Psalm 35, Proverbs 4

Friday

Zechariah 14:1–7, Psalm 36, Proverbs 5

Saturday

Zechariah 14:8–21, Psalm 37, Proverbs 6

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



November 17, 2024

Malachi 1-2, Psalm 38, Proverbs 7

Sunday Sermon Notes

November 18th–20th

Monday

Malachi 1:1–5, Psalm 39, Proverbs 8

Tuesday

Malachi 1:6–11, Psalm 40, Proverbs 9

Wednesday

Malachi 1:12–14, Psalm 41, Proverbs 10

November 21st–23rd

Thursday

Malachi 2:1–9, Psalm 42, Proverbs 11

Friday

Malachi 2:10–16, Psalm 43, Proverbs 12

Saturday

Malachi 2:17, Psalm 44, Proverbs 13

Weekly Examen

Reflecting on
the Week Behind.

Looking to
the Week Ahead.

Head



Heart



Hands



November 24, 2024

Malachi 3-4, Psalm 45, Proverbs 14

Sunday Sermon Notes

November 25th–27th

Monday

Malachi 3:1–4, Psalm 46, Proverbs 15

Tuesday

Malachi 3:5–6, Psalm 47, Proverbs 16

Wednesday

Malachi 3:7–12, Psalm 48, Proverbs 17

November 28th–30th

Thursday

Malachi 3:13–16, Psalm 49, Proverbs 18

Friday

Malachi 4:1–3, Psalm 50, Proverbs 19

Saturday

Malachi 4:4–6, Psalm 51, Proverbs 20

TREASURY OF INTERCESSIONS

This collection of prayers was penned by various members of City Church. These can be used as supplemental prayers for your daily rhythm, to bolster your prayer life when words seem to fail you, or in group settings as a part of a liturgy.

For Loss and Grief

God, we know that not a hair falls from our head, nor a sparrow from the sky without your knowledge and permission. We long to trust in your goodness amid loss. We are desperate for hope within our grief. Although those we love have departed this world, give us stubborn faith that refuses to doubt your love and care. Teach us to number our days, to remember the thin veil that separates us in this life from the next, to acknowledge the dust from which we have come, and to which we will return. In so doing, renew our joy in the resurrection of all things, which we enjoy because of Christ's own resurrection. Amen.

On the Communion of Saints

Lord, in the potent isolation of life, remind me of the company of Heaven. Call to my mind the cloud that covers me, the witnessing eyes of saints in ages past, and companions of our present faith. In loneliness, may I feel the saintly gaze of the prophets, priests, and paupers witnessing my toil. May I recall their testimonies as reminders of your lovingkindness. May their Heavenly vantage point preach your faithfulness and testify of your goodness. Amen.

Prayer for the Start of a Gathering

Triune God, as you do not forsake communion within yourself, so we seek to commune with our holy brothers and sisters. Apply to us overflowing love that fills others as we, too, are filled. Provoke in us gentleness and unity. Expel from us all bitterness, hopelessness, deceit, and envy. And grant us foretaste of your kingdom as we await its coming age. Amen.

Renewed Love for the Gospel

Father, renew us to the reality of Christ today. We are found in him. Jesus, remind us that you have done all that is necessary to bring us into Triune communion, through your perfect life, sacrificial death, and glorious resurrection. Holy Spirit, we are in need of being made new again today, so we humbly ask that you refresh our spirits with the reality of the risen Christ. We love you, Lord. Amen.

A Prayer of Corporate Responsibility

God of community, we praise you for seeking us as your children that we may know you deeply, richly, and personally. We thank you that you did not see fit to leave us in the isolation of our sin but have brought us into the household of faith. Teach us, O Lord, what it is to live rightly in fellowship with our brothers and sisters. Just as Israel rose and fell with the vices and virtues of her leaders and people, may we see that together we form one body, your church. Strengthen us to keep our covenant together. May we see that there are none among us—be they children, the elderly, the sick, the mentally ill, or the marginalized—who are without dignity. May we honor one another, love one another, bear one another's burdens, rejoice with one another, encourage one another, serve one another, forgive one another, and pray for one another. Until Christ consummates the fullness of our unity. We pray your help in these things.

Amen.

During Low Capacity

God and Father of all—we know you hold all things. Holy Spirit, counsel and guide—we know you see us. Jesus Christ our great sympathizer—we recall the miracles performed by your hands. Three person-ed God—we are weak, wearied, and heavy laden. Multiply within us your gifts of grace, peace, and perseverance, just as you multiplied the loaves and fish to feed thousands. In our lack, may we find abundance in you. Amen.

A Prayer of Humility

O Lord, you are not a God far off or unfamiliar with humble creation. In the incarnation, you came near by humbling yourself to take up a human body. In your life, you lived and taught in all gentleness and humility. In your death, you suffered humiliation and shame to bring us life. Teach us the beauty of your humility. Grant us remembrance of your humility each week as we partake of your body broken, your blood shed in the gathering of your people; Each day as we seek to emulate your sacrificial love in our own lives. Orient our hearts to submit ourselves fully before you and in so doing to further consider others as more significant than ourselves. Lead us to put off the glittering vices of pride's work in our hearts and minds, and commit our hands to building your kingdom rather than our own. Lead us to do this to the glory of your name. This we pray in the name of the humble king, Jesus Christ. Amen.

For the Perseverance of Pastors

Our God, you have placed capable individuals in leadership at this church, we are ever-grateful for the ways that they serve your bride and sacrifice life's comforts for the love of their church. Where they may be attacked or maligned, give them peace and consolation. Where they fall short, give them assurance of your power. Where they feel weak, grant them access to your strength. And where they lack, provide for them abundantly. Christ, Persevere on their behalf. Amen.

A Prayer for Unity in Diversity

Father of every tribe, nation, and tongue, we beseech you to grant us your vision of unity in diversity. Jesus, make us one as you and the Father are one. Spirit, use the diversity of our stories, gifts, and capacities to bring you glory. Where the world seeks to divide, remind us of that we are one body with one Spirit, clinging to one faith in the one Lord, with one hope demonstrated in our one baptism, professing our one God. Where we would be tempted to erase the uniquenesses in which you have formed us, draw us instead to see the beauty of distinction in your creation. Grant us patience as we commune with those unlike ourselves. Grant us peace in the bond of unity as we see the image of Christ in our brothers and sisters—the same virtue, expressed in unique and beautiful ways for the good of others. Foster in us a desire to taste and see the new creation here and now in the community of faith. In the distinct unity and diversity of the triune God we pray. Amen.

For the Start of a Meeting

Gracious God, thank you for inviting us to participate in the work of your kingdom. Establish the work of our hands as we gather. Root the words of our mouths in kindness, gentleness, and wisdom. Edify each of us through the work and generosity of each other. Grant us focus and guide our conversations, all so that we might grow together and toward you, encouraging others to do the same. Amen.

For Greater Faith

God, who raises the dead, resurrect my faith from doubt that spreads like weeds. Grow instead a faith that trusts you more with each passing day, with each passing year. Grant me confidence, not in my own strength, but in the strength of the one who holds me secure. For who could steal what you have chosen to possess? What should I fear while in your sight? Remind me that the one who is for me, is greater than the powers set against me. Keep me, your servant, strong until the end that I might enter your courts by grace. That I might know by sight what I have learned by faith: the all-surpassing beauty of my savior. Amen.

For Compassion

Our God, you are the lord of compassion. Father, you showed compassion by choosing us, needy sinners before the creation of the world. Forgive us for withholding our time, energy, and resources from those who need them, as if they did not belong to you. Jesus, you looked upon the multitudes with compassion, feeding the hungry and healing the sick. Forgive us for looking at those lost and needy in the world with hostility, superiority, and indifference. Spirit, help and empower us to share in unity, showing tenderness and compassion always to one another. Shape our minds and renew our hearts to serve others joyfully in truth and in love, until we are presented blameless on the day of Christ. Amen.

For the Government

Merciful God, we praise your sovereignty over the nations. You rule over all earthly kingdoms, and we take comfort that no wisdom, no understanding, and no counsel can avail against your plans. Thank you for establishing government as your servant to protect the innocent and punish the wicked. Please bring righteous leaders to the forefront of decision-making at all levels. Grant your wisdom and protection to each one. Help them to do justice, love mercy, and walk humbly with you. Let the works of their hands be as those of the Lord, faithful and true. Guide us by your Spirit to pray for our leaders, for we know all authorities have been established by you. Grant us wisdom as we engage in the political process, discerning the times in which you have placed us. Instead of giving in to cynicism toward those with whom we disagree, help us pray for our leaders, for You are pleased and honored when we do. Remind us to pray for them in all seasons and never give up. No matter how fearful or frustrated we may feel, we can rejoice that your plans and purposes stand firm through all generations.

Amen.

Prayer for Fruitful Conversations

Holy God, we trust your goodness to be apparent and among us. Graciously prompt us in wisdom and generously supply our every need. Amen.

Prayer for Eyes that See Beauty

Dear Lord, you are the supreme artist, the creator and designer of the universe, the standard of beauty, and you are responsible for speaking the moon, stars, and trees into existence! We can see your eye for beauty through the color-changing leaves in Autumn and the many shades you made your image bearers. We can see it when greenery peaks through a blanket of fresh fallen snow, and when the colors of a sunset paint the sky. As your word says in Psalm 24:7, “One thing I ask from the Lord, this do I seek; That I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.” Help us to gaze upon your beauty in ways big and small. Open our eyes to notice your intentionality and artistry as we sojourn the day. As we meditate on your words in Psalm 8:3-4, “When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?” Help us reflect on how lofty and great you are—how beautiful is the grace of your pursuit of us through Christ Jesus! Aid us in seeing the beauty in everything you’ve made but especially in one another, who you masterfully crafted in your image! Amen.

For Joy

O Lord, help us to remember the days of ages past, meditating on all your works, and considering what your hands have done. Help us remember that while we were still weak, at the perfect time, you sent your son to die for us. Now we're justified by the blood of Jesus and saved from the punishment of sin! Hallelujah! Help us to abide in this truth daily, reflecting on your goodness and mercy towards us, producing complete joy! As Psalm 92:4 says, "Make us glad by your deeds, O Lord, and sing for joy at what your hands have done!" We understand that joy is not something we can manufacture on our own but something only you can produce in us when we abide in you—fill us with joy, oh God! When we are weak your joy is our strength. When we are weeping you fill us with songs of joy. When the cares of life blur the truth of your gospel, restore in us the joy of your salvation, and grant us a willing spirit to sustain us! Amen.

Prayer for the Nations

Oh Lord, Creator and Redeemer of all peoples. The nations are your inheritance. In their raging, bring your word of peace. Spirit, lead them to see the hope they long for is found in Christ alone. Jesus, as the source of righteousness, cleanser of sin, and conqueror of death, you are the rightful ruler of the nations. May they come to see your beauty and ascribe to you all glory. May the nations be glad and find their joy in you. Amen.

Proper Use of Gifts

Dear Lord, thank you for the many good and perfect gifts you have given the people in your church! Your love for all things beautiful is on display, as the gifts you give are not uniformed but diverse and eclectic! Help us remember that you choose to provide a variety of gifts because we cannot exhibit who you are in isolation but need one another as a unified group. In your perfect wisdom, you distribute gifts according to your grace in order for us to build up the body of Christ. Help us to not think of ourselves more highly than we ought and allow your spirit to work in us to share our good gifts generously and steward them well. Let us not neglect the gifts you give or operate them for our own benefit but for the common good and your glory! Help us to not set our gaze upon the gifts themselves but solely upon the gift giver! Help us to see every single gift through the lens of the biggest gift we've ever received through Jesus: salvation! Lord, we pray that as we meditate on the gift of salvation that it would help us love sincerely, hate what is evil and cling to what is good. That we would be devoted to one another in love and honor one another above ourselves, never lacking in zeal, but keeping our spiritual fervor while serving the Lord with our gifts. Lord help us to be joyful in hope, patient in affliction, faithful in prayer and share with the Lord's people who are in need.

Amen.

Life of our Neighborhood

Lord, we are thankful that you care for all people in all areas. Despite our sin and constant rebellion, you still seek our well-being even in a fallen world. Lord, we ask for true flourishing for the life of our neighborhood and its surrounding areas. Father, you have placed us as a people strategically in the neighborhood our church resides in and we know it's not an accident. Lord, we pray that you move us to seek the welfare of our city for your glory and for the good of our neighbors. We pray against that which exists within our neighborhood which amplifies death. We pray against any strongholds and principalities that have developed and strengthened over generations. You are more powerful than any accumulation of darkness. So we ask that you would offer light in any dark places. Allow the light of Christ to both expose and rescue those captive by the chains of death in our neighborhood and its surrounding areas. Amen!

For Discernment

Our God, in our corporate and individual lives, in every decision and relationship, we need wisdom. Father, give us the Spirit of wisdom and revelation so that we may know you better. Our lives on earth are short while your years endure forever, yet you are a very present help in all our troubles. Let us depend on you while resting in your infinite knowledge. Help us to make our decisions in prayer, abiding, and without fear. Amen.

For Hope

Father, hopelessness often feels innate for us as fallen creatures chasing after our own passions. Your desire for us was never to feel a life of hopelessness but instead to have faith and trust in your provision for our lives. Hopelessness is a reminder of our brokenness and inability to connect to the true essence of what and who we were created for. Lord, you are the God of hope, the sovereign one who is over all and above all. Work in us a trust that allows for hope in you as our primary disposition. May the hope you grant us produce a joy and peace within us that only comes from knowing we have a right standing before you. This hope we know can only be presented and sustained through you as the author and finisher of our faith. Let us fix our eyes on the future hope set before us—the day when our faith will be sight and the need for hope will cease to exist because all sad things will become untrue once we are physically set in your never-ending kingdom. Amen.

For God's Nearness

God, thank you that you are near in our brokenness. Thank you that you are not distant. I know I am safe in your arms as I cry out in my soul. I know You are with me; you will always provide. Though the path may be lonely, you will stay by my side I will rest my soul, I'll trust in you alone for the Lord my Shepherd, you are all I need in the darkest valley. I know my Shepherd is all I need I rest my soul in you alone. You light my way and lead me on. Amen.

For Peacemaking

Dear Heavenly Father, we come before you today, mindful of the many challenges and conflicts surrounding us in this intricate world of ours. We humbly acknowledge the discord and division that seem to pervade our society. As we gather in prayer, we seek Your guidance and wisdom to navigate the path towards unity and understanding in a world that often values self-interest over collective well-being. Bless us to be peacemakers that can show a world struggling with self-interest that true community and diversity of ideas is possible. Father, allow your church to truly be your representatives on Earth and seek to heal/reconcile situations that seem dead and without any hope. Your word says, “Blessed are those who are peacemakers, for they should be called your sons.” Allow us to deal with the messiness of reconciling/mending relationships with a heart of gratitude that knows that the greatest and messiest reconciliation already occurred: the reconciliation of sinful man to a holy and just God. Teach us to lean into peace-making and seek to reconcile relationships, imaging your kingdom when there won't be need for peacemakers. The peace will have already been made as we live in absolute shalom for all of eternity. Amen.

Parenthood

Good and gracious Father, thank you for the miracle of life that you have entrusted to me. Guide me as I seek to guide my child. Shepherd me as I seek to shepherd. I confess that I am not equal to the task of parenting. My strength is insufficient, my wisdom incomplete, my patience inadequate. But in this, as in all things, I am neither alone nor forsaken. For the sake of my child's soul, Lord, be my steady strength, my sure wisdom, my enduring patience. Help me to be quick to forgive as well as quick to seek forgiveness. Allow me, for as long as your will allows it, to walk with my child through the joys and sorrows of life. First as guardian, then as advocate, and finally as friend. For the many unforeseen bends in the road grant us peace through your unwavering presence. In the effectual name of Jesus I pray. Amen.

Prayer to Embody Wisdom

Our Father, fill us with your Holy Spirit that we may know your constant nearness. Give us wisdom and may we praise you when we receive it. Teach us how to live with your Kingdom in mind. May we discern good from evil, love justice and mercy and experience the freedom of discipline. Expand our vision of you and the joy of living as your children. May we be marked as a people who are slow to speak, quick to listen, and lovers of peace. Amen.

Prayer of Listening/Observing

Father, lead us regularly to that desert place where Jesus met with you time and again. Lead us to that solitary place where the twins of solitude and silence make room in our hearts and minds for the truth of your Word by the power of your Spirit to transform us. The place where the plotting, planning, processing, analyzing, strategizing, churning muddy water of our minds experience stillness and peace. The place where our anxious, sad, lonely, troubled, angry, worried, burdened hearts find space to receive your merciful grace. The place where you search us and know us, love us and heal us. The place where the deep terrain of our soul releases control and yields to the Spirit. The place where everything gets quiet like falling snow so we can hear your still, small voice—that gentle whisper that contains the Word of life that every fiber of our being yearns for. The place we learn to truly know ourselves so that we can truly know you. The place where your Word reads us the more we read it. The place where we listen instead of speak. The place where our small story is reinterpreted in light of your great story. The place where we practice being present with ourselves in Christ so that we can become the non-anxious presence of Christ to others. The place we get more of you. Amen.

Prayer to Receive Wisdom

Father, your Word says that the fear of the LORD is the beginning of wisdom and if we ask you for wisdom, you will give it. So, we come to you asking. In a world loud with folly and falseness. Please teach us to hear and heed wisdom's clear, steady voice. Help us learn to discern between the seductive voices of the age and your eternal voice of truth, the same through ages past. Father, as we encounter complicated, nuanced, and challenging areas and decisions of life let us also recognize that receiving wisdom is not the same as receiving an easy answer. Like a good parent teaching their child the way they should go, in giving us wisdom you are teaching us to discern and apply your truth. Help us learn and grow in this Lord. Help us to take captive our thoughts and make them obedient to you. Let us always start and end with you. In Jesus Christ's name we pray. Amen.

TREASURY OF BREATH PRAYERS

Breath Prayers are an ancient practice that combine breathing techniques along with centering the mind on God. This collection of prayers can be used in times of busy-ness or acute emotion where we need to intentionally pause and fix our minds on God. These can be repeated several times in a row as a method to seek peace and recall what is true, beautiful, and good.

For Rest

Inhale

We can rest

Exhale

Because you never slumber

For Mercy

Inhale

Lord have mercy

Exhale

Because of your unfailing love

For Learning to Love

Inhale

Teach me to love

Exhale

Your Word and your way

For Reliance

Inhale

I will rely

Exhale

On your goodness

For Courage

Inhale

I will not be afraid

Exhale

I cannot be hidden from your sight

For Peace

Inhale

I will lie down peacefully

Exhale

Because God gives me safety

For God's Answer

Inhale

I have called upon the Lord

Exhale

And I know he will answer me

For Trust in God

Inhale

I will not trust in the world

Exhale

I will trust in God

For Trust in Spite of Fear

Inhale

When I am afraid

Exhale

I will trust in God

For Assurance of Forgiveness

Inhale

I know when I repent

Exhale

God is quick and gracious to forgive

For God's Presence

Inhale

I will believe

Exhale

That God wants to be near me

For Remembrance

Inhale

I will remember what God has done

Exhale

And I will trust that he is faithful

For Ears to Hear

Inhale

I will listen for God

Exhale

I will listen to his word

For Justice

Inhale

I know God is righteous

Exhale

And he will make all wrong things right

For Comfort

Inhale

God sees when I am hurting

Exhale

I believe in your promise to wipe my tears

For Belief

Inhale

Lord, I believe

Exhale

Please help my unbelief

For God's Nearness

Inhale

Lord, I am scared

Exhale

But I know you will not abandon me

For Growth in Trust

Inhale

You know all things

Exhale

Teach me to trust your ways

For Answered Prayers

Inhale

You listen to our prayers

Exhale

I know you can't ignore me

For Perspective

Inhale

All goodness comes from you

Exhale

Give me eyes to see your beauty

For Provision

Inhale

You are the bread of life

Exhale

In you, I won't grow hungry

For Life

Inhale

You are living water

Exhale

In you, I will not thirst

For Protection

Inhale

You are the Good Shepherd

Exhale

I trust in your rod and staff

For our Heavenly Inheritance

Inhale

Open the eyes of our hearts

Exhale

That we might see the inheritance you've given us

For God's Will

Inhale

God's kingdom come

Exhale

God's will be done

For Forgiveness

Inhale

Forgive our sins

Exhale

As we forgive those who've sinned against us

For Provision

Inhale

The Lord is my shepherd

Exhale

I shall not want

For Justice

Inhale

Things aren't as they should be

Exhale

I trust the Lord to restore

For God's Power

Inhale

My God is strong

Exhale

I will trust in his might

For Trust in God's Plan

Inhale

The Lord's ways are good and righteous

Exhale

Teach me to trust you

TREASURY OF CALL AND RESPONSES

This collection of Call and Response prayers are written to be used in groups, with one leader reading the words in standard font and the rest of the group reading the italicized words together. While they can still be used alone, our hope is that you'll use them with family members, roommates, and growth groups.

A Call and Response of Praise

Bless the Lord!

Praise God

Lift high his name!

Praise God

His love endures forever!

Praise God

Amen.

A Call and Response of Worship

Our Heavenly Father,

Thank you for giving us lips and tongue to sing your praise

We lift our voice to you

Thank you for giving us words to describe how much we love you

We lift our voice to you

Continue to carry us through this day

Teaching us about who you are

And revealing your presence to us

We lift our voice to you

Amen

A Call and Response of Need

Lord we need you

Have mercy

Lord, we love you

Have mercy

Lord, we want to know you more

Have mercy

Lord, help us to live how you desire us to live

Have mercy

Amen

A Call and Response of Trust

Our God, we long for you to make all things new

We do

And we trust you to heal and restore all things

We do

We will not always understand,

but commit our worries in prayer to you

We do

In the name of the Father Son and Holy Spirit we pray

Amen

A Call and Response of Brokenness

God, our hearts are confused and broken

I will trust you

We long to make sense of this senseless world

I will trust you

We desperately need you to be present and near

I will trust you

Please guide us that we might know you more

And be comforted by your presence

I will trust you

Amen.

A Call and Response for Advent

We know we have sinned

And we need a savior

So we wait

We are desperate for your mercy

So we wait

We yearn for your compassion

So we wait

We crave to see your faithful love

So we wait

We trust in Jesus Christ, whom you sent to save us

In our waiting, make us new

Amen.

A Call and Response for Christmastide

You came to earth, weak and low

Like us

You were born of a woman

Like us

You had emotions and physical pain

Like us

You suffered

Like us

You died, were raised, and invite us to life in you

Thank you, Jesus

Amen.

A Call and Response for Epiphany

Jesus, the Magi sought you

And so we seek you

They followed the star that God appointed

And so we seek you

We know you will not hide from us

And so we seek you

We pray that you will guide us

And so we seek you

Amen.

A Call and Response for Lent

From dust we came, to dust we return

Our hope is in you

We bear the wounds of this world

Our hope is in you

You suffered as we do

Our hope is in you

Help us take up our crosses and follow you

Amen.

A Call and Response for Eastertide

Christ the Lord is risen today

Indeed!

Christ the Lord ascended to heaven

Indeed!

Christ Lord offers us life in him

Indeed!

Amen.

A Call and Response for Pentecost

The Holy Spirit is our Counselor and guide

Praise Him

He dwells within those who love him

Praise Him

We enjoy the nearness of God through him

Praise Him

We ask him to take up our causes before the Father's throne

Amen.

TREASURY OF BLESSINGS

This collection of blessings is to be read over certain people or rites of passage. These words seek to invoke the favor of God on a particular person, situation, or place. The practice of reading and reciting these words is an act of love— calling our attention and the attention of God toward something good. It is also an act of faith— trusting that God will see what we see and respond with kindness.

Blessing the Children

Our God has blessed us with the low and little.

May the children of this church grow great in the stature of love.

May their cries and questions be heard by us and by God.

May we tend to them tenderly and eagerly.

May they see the Lord's table.

May they know there is room enough for them there.

May we all eagerly await the day each first receives

The grace of Christ's body broken and blood poured.

May we set the table for them today in anticipation

And hope that they will feast tomorrow.

A Blessing for Work

May the God who spoke creation into existence,
Who formed you in his image and upholds all things,
Who patterns right and good work for you:
Establish the works of your hands.
Teach you the dignity of work before him.
Enliven you to work as unto him when you tire and grow weary.
May your work be salt and light
To a world which both begrudges and idolizes vocation.
May you work with excellence, recognizing your finitude
And dependence on him.
May your work compel you to rest in Christ.
And may God complete the work he began in you.

A Blessing for Our Church Building

May God bless the gathering of his people,
That brick and mortar would join the songs of his children,
That stone and steel underfoot and overhead
Would hold the presence of God among us.
May he establish his sanctuary as a place of flourishing and hope.
May the very life of Christ envelope
Those who step through doors and halls.
May God make sacred what this world would call common.
May he make all things new in Christ in this place.
And so be the building of God's handiwork,
Set on the cornerstone of Christ Jesus.

For Artists and Makers

Go and make today
Make spaces where people are seen and heard.
Make homes that are open to neighbors.
Make art that points
To an abundant God with abundant promises.
Bless the work of our hands. Amen!

For the Home

May your home be filled with love and fellowship,
May it be a welcome sight to those arriving weary,
And may it be for you a temporary reminder
Of a future, sweeter repose.

Blessing the Students/Academic Year

Go with confidence as you approach the throne.
God sees you.
God knows you.
God is not distant.
You can trust in his unfailing love and faithfulness.
He is your refuge and strength.
Nothing is too much for Him.
God will not abandon you, he will sit with you .
He is lifting up your head and saying, "I see you, my child."
Approach God with confidence as he cares for you
And wants the best for you.

Blessing for Food/Meal/Gathering

Oh Lord, you are the sustainer of life and giver of good things.
We give thanks for food that renews the strength of our bodies
And companions which renew the strength of our hearts.
In your loving providence, you give the water and light
That brings life to the seed in the soil.
You sustain the hands and feet of those bringing substance
From field to table.
You alone turn the seed to laughter.
You turn strangers into brothers and sisters.
Bless this time together in accordance with your kindness.
May our delight in your good gifts be to your glory. Amen.

Blessing a New Season

Abide in him, you who cross thresholds of time.
Abide in him, you who bravely move toward newness.
Abide in him, you who eagerly watch frosted ground thaw softly.
Abide in him, and you will be met with generosity.
Abide in him, and you will be met with faithfulness.

Blessing at Baptism

Let this water tell the story of your soul washed anew,
Be welcomed into the fold of Christ,
And into his bride, the Church
Saint, go forth in newness of life.

Blessing at Eucharist

May broken body and poured blood of Jesus Christ
Remind us of our belovedness
Now and forever.
Amen

Blessing the City

Our Lord Jesus Christ wept at the gates of Jerusalem
Out of love for the land and its people.
May our hearts be so moved for our own city
As we hold in tandem the beauty
And brokenness of our neighborhood
May we move forth as agents of restoration
Establishing the Kingdom of Heaven on here on Earth
May God's favor rest upon the work of our hands.

Blessing a Birthday

In years gone by, the Lord around you
In this new age, the Lord surround you
In growth of body and mind, the Lord above you
In delight of this life, the Lord within you

Blessing for Travel

God, be near to those who travel new roads
Who traverse new land, who meet faces old and new.
Let all they touch be left with
The fragrance of your Kingdom.

Blessing Our Spoken Words

May the Holy Spirit grow your listening
So each word spoken seasons every conversation
With what is acceptable in our Father's sight.
The Word made flesh be on your tongues in all you say,
Full of grace and truth
And grant you wisdom to know
When your words should be many or few.
In all our words, Lord, may we embody you.

Blessing the Sick

May God have mercy on those sick and sore.
As lungs burn, bodies ache, and illness hold sway.
May God heap comfort upon fevered heads.
May he restore strength to wearied bones.
Where there is pain, let healing swiftly enter.

Blessing for the Heavy Laden

May all we seek to carry alone,
Be placed upon your yoke instead
May all we hope to fix ourselves,
Be placed upon your yoke instead
May all our heavy and burdensome cares,
Be placed upon your yoke instead
And through the church, your bride,
Carry us farther still.

Blessing a Family

Bless this family

May we gather around your Word

Grow in the stature of your love

Bond in a spirit of peace

And participate in your Kingdom come on earth

Amen

Blessing the Aging

O Lord, bless the aging as they have blessed us,

By teaching us your ways and passing the baton of wisdom

May their hearts be young and full of faith

With bodies strong and steadfast

And may they cling unwaveringly to the vine head

As we cling, too, onto them.

Blessing the Young of Faith

Our joy is perfected in widening the family of God

Welcoming those who newly believe

In the resurrection of all things

Bless, O Lord, the young of faith, your children grafted-in.

Preserve their childlikeness and keep their curiosity

Dispel cynicism and help their unbelief

May they be joined to your church on earth

Until their faith is made complete at your sight

