

MORNING PRAYER MEDITATION

The Coming of the Light



Psalm Tone 1



NOON PRAYER CONTEMPLATION

Fervor and Commitment

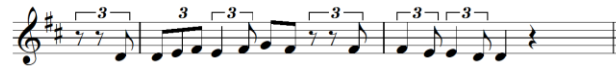


Psalm Tone 2



EVENING PRAYER REFLECTION

Completing the Circle



Psalm Tone 3



MORNING PRAYER MEDITATION



O Lord, open my lips, | **and my mouth shall declare your praise!**
O Lord, open my lips, and my mouth shall declare your praise!

*Is there a word or phrase from the following
READING that God may be addressing to you?*

CHANT

*As the passage is read a second time, begin to REFLECT on what
this word or phrase might mean for you and your life.*

CHANT

*What is your RESPONSE to God based on how you
encounter the text a third and final time?*

CHANT

READING

INTERCESSION

¹Our Father, who art in ²heaven, hallowed be ³thy name,
⁴thy kingdom ³come, thy ²will be ¹done, on ⁷earth as it is ¹in heaven.
¹Give us this day our ²dai³ly bread;
⁴and forgive us our tres³passes, as ²we forgive those who trespass against us;
¹and lead us not into tempt²³ation,
⁴but deliver ³us ⁵from e⁴³²vil.
⁵For thine is the kingdom, and the ⁴power, and the glory,
⁴for³ever and ²ever. A¹men.



NOON PRAYER CONTEMPLATION



Draw us into your love, O Lord, | **and deliver us from fear!**
Draw us into your love, O Lord, and deliver us from fear!

CHANT

READING

INTERCESSION

¹Though he was in the ²form ³of God,
¹he did not count equality with God a ⁵thing ⁴to ³be ²grasped.
¹But emptied himself, by taking the ²form ³of a servant,
¹being born in the ⁵like⁴ness ³of ²men.
⁴And being found ³in hu²man form, ¹he ⁷humbled ¹him ⁶self,
by be⁵coming obedient to the ⁶point of death, even ⁷death on ¹a ²cross.
¹Therefore God has highly ex²alt³ed him,
¹and bestowed on him the name that is a⁵bove ⁴ev³ery ²name.

Our provider, who is closer than the air we breathe,
we stop and become aware of you;

CHOOSE a sacred word from the psalm as consent to God's presence.
Silently introduce the sacred word so to INVITE God into your heart.
REST in God's presence and gently return to your word when needed.
Remain in silence after the prayer for a moment of THANKSGIVING.

Our provider, who is closer than the air we breathe,
we give you thanks for your deep and abiding love. Amen.



EVENING PRAYER REFLECTION



Protect us, O Lord, in waking, | **and guard us as we sleep!**
Protect us, O Lord, in waking, and guard us as we sleep!

CHANT

READING

STILLNESS
Become aware of God.

GRATITUDE
Review your day with gratitude.

REFLECTION
Reflect on your emotions, joys and sorrows.

PRAYER
Choose one feature of the day and pray.

HOPE
Look toward tomorrow.

INTERCESSION

¹Lord, now you let your servant ⁴go ³in peace,
²according to ³your word;
¹for my eyes have seen ²your ¹salv⁴³ation,
²which you have prepared in the pre¹sence ²of ³all ²peoples,
⁷a light for revelation to ⁶the ¹Gentiles,
⁶and for glory to your people Is⁵ra⁷el.
¹Glory to the Father, and ⁴to ³the Son, and ²to the Holy Spir³it;
¹as it was in the be²gin¹ning, ⁴is ³now, ²and will be forev¹er. ²³²¹Amen.

