

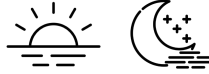
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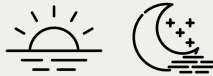




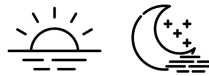
MONDAY



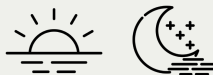
TUESDAY



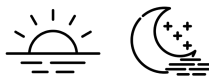
WEDNESDAY



THURSDAY



FRIDAY



HINT: Click on the morning or evening icons above to navigate to the corresponding day.

SERIES FOREWARD

Jesus' parable of the persistent widow is introduced in Luke 18:1 with the words, "And he told them a parable to the effect that they ought always to pray and not lose heart. He said ...". While there are many other passages in scripture where prayer is both instructed and described, this one always stands out to me for its simplicity and tenacity. Christians ought to pray. Christians who pray do not lose heart.

The instruction to pray is a reminder and a joy, not a burden. Prayer recalibrates and reorients our drifting hearts and affections. The tyranny of the urgent readily distracts us from the glorious privilege that is ours in Christ Jesus. Our attention is drawn toward busyness and away from the precious life-giving resource we have been given in prayer. Jesus has reconciled us to God. Now we can pray to God as to a loving Father (Matthew 6:9).

I struggle with sustaining a disciplined pattern of regular prayer. Desperate, sincere, in-the-moment prayer comes easily whenever I hear of or think about someone in need. Yet my heart longs for more. My soul is hungry and thirsty for daily nourishment found only in setting aside regular, intentional time with my Father. I suppose this is something every Christian feels, at least to some extent.

Throughout the centuries, Christians have prayed at assigned hours, particularly in the morning and evening. Our rich Anglican heritage has given us the Daily Offices of Morning Prayer and Evening Prayer. We have adapted these traditional Daily Offices into the book you are now holding in your hand. These books will be produced and distributed to our church family quarterly. Would you commit to join us in praying these daily prayers throughout this year?

Let me say a few things about Daily Prayer:

1

First, you will notice that each day includes both prayer and Bible reading. Charles Spurgeon was asked, “What is more important, prayer or bible reading?” He answered, “I ask, ‘What is more important, breathing in or breathing out.’” This is the genius of our Anglican tradition. It builds prayer around scripture reading and bathes scripture reading in prayer. You can expect to spend 15 minutes each morning and evening.

2

Second, some of the liturgical prayers use first person plural pronouns. They say “we” and “us”. While many of us will pray these prayers alone we find strength and encouragement remembering that our church family prays these same prayers with us, in a sense. Think of these daily prayers as corporate prayer done individually.

3

Third, our church family is comprised mostly of new or mature Christians who have come from other Christian denominations. The practice of daily, liturgical prayer may seem odd at best. You may even recoil from the idea out of a concern for repetition. Remember that Jesus did not forbid repetition, per se, but vain or empty repetition (Matthew 6:7). These written prayers will serve a few good purposes in your walk with Jesus. They establish determined times to pray in the morning and evening. Think of it as putting your life on rails by starting and ending the day in God's word and prayer.

Written prayers also enrich our vocabulary in talking about, thinking about and serving the Lord. This is a sentiment captured in the motto *Lex Orandi, Lex Credendi*, literally meaning "What is Prayed" is "What is Believed".

Our team has prepared this resource for you. Bryan, Dan and Brock have poured over Anglican prayer books, developed a lectionary, and beta-tested it. I am eager to grow in the discipline of Daily Prayer, I commit to doing it and commend it to you wholeheartedly.

Romans 12:12 says, "...be constant in prayer." 1 Thessalonians 5:17 says, "Pray without ceasing ..." Colossians 4:2 says, "Continue steadfastly in prayer ..."

Always pray and do not lose heart.

R.D. Glenn

R.D. GLENN



5-DAY PLAN

Daily Prayer has morning and evening sections for Monday-Friday, with a corresponding Bible-reading plan at the back of the book. If you get behind on your Bible plan, don't worry. Use the weekend to get caught up.



SOURCES

The prayers in this book are primarily taken from 3 sources -

1. The Anglican Book of Common Prayer
2. Common Worship: Daily Prayer
3. To Be a Christian: An Anglican Catechism

Check the back of this book for profiles on the authors and theologians quoted in this volume.



MONDAY

MORNING

As you look ahead to this new week, remember:

“Prayer is beyond any question the highest activity of the human soul. Man is at his greatest and highest when upon his knees he comes face to face with God.”

J.I. PACKER



PREPARE YOUR HEART

O Lord, open our lips
and our mouth shall proclaim your praise.

I thank you, my Heavenly Father, through Jesus Christ your dear Son, that you have kept me this night from all harm and danger. Keep me also this day from sin and every evil, that all my doings and life may please you. Into your hands I commend myself: my body and soul and all things. Let your holy angels be with me, that the evil foe may have no power over me. Amen.

MARTIN LUTHER

MORNING PSALM

Use this morning's psalm as a prayer.



The appointed psalm is read.
Check reading plan at the back of this book.

The Psalm ends with

Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.

MORNING LESSON

Come to the Word humbly, for all Scripture is breathed out by God and is profitable for teaching (2 Tim. 3:16).



The appointed bible lesson is read.
Check reading plan at the back of this book.

HINT: Click on the Bible icon  to go to the Readings page.



QUIET REFLECTION

Following the lesson, take a moment to dwell and meditate on one truth revealed to you through this morning's reading.

Following the reflection:

Let not your hearts be troubled, neither let them be afraid.

**Let not your hearts be troubled,
neither let them be afraid.**

Christ will not leave you as orphans; He will come to you.

**Let not your hearts be troubled,
neither let them be afraid.**

FROM JOHN 14

PRAYERS

What is on your heart this morning that you want to bring before the Lord? Here are a few things you could pray for:

- Pray for a humble heart that depends on God in every decision.
- Ask God to give you patience and gentleness with those around you.
- Pray for courage to share the hope of Christ with someone this week.
- Ask the Lord to strengthen your faith when you feel weak or discouraged.



THE COLLECT

Lord, I am sinful, but you are holy.
I am weak, but you are mighty.
Fill me with the Spirit of grace,
that I may be made fit for communion with you,
and serve you with reverence and godly fear.
Grant me delight in Christ above all,
and let your love be the joy of my heart forever. Amen.

JOHN OWEN

THE LORD'S PRAYER

As our Saviour taught us, so we pray:

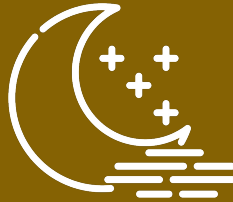
Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as it is in heaven.
Give us this day our daily bread, and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.

MATTHEW 6:9-13

BENEDICTION

“The Lord will keep you from all evil; he will keep your life.
The Lord will keep your going out and your coming in from
this time forth and forevermore.”

PSALM 121:7-8



MONDAY

EVENING

Trust and delight in God this evening.

“True faith is not a bare assent to truths, but a living trust and delight in God.”

RICHARD SIBBES



INVOCATION

Before you begin to pray, stop and remind yourself that you are praying to the Holy God who created all things.

“For I am the Lord your God. Consecrate yourselves therefore, and be holy, for I am holy.”

LEVITICUS 11:44

CONFESSION

God already knows our hearts and still invites us to come to him. Take a moment now to honestly confess your sin and ask for mercy.

Most Holy and Merciful Father,
as night falls, I acknowledge my unworthiness
and your boundless mercy.
I have failed in thought, word, and deed,
yet your grace abounds to the chief of sinners.
Grant me repentance,
and quiet rest beneath the shadow of your wings.
Renew my heart,
that I may love righteousness and hate sin.
In Christ alone is my hope;
may I sleep in Him, and rise to serve Him anew.
Amen.

ADAPTED FROM THE WESTMINSTER CONFESSION



ASSURANCE

There is now no condemnation for those who are in Christ Jesus. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace. As far as the east is from the west, so far has he removed our transgressions from us. Amen.

ROMANS 8:1, EPHESIANS 1:7, PSALM 103:12

PREPARE YOUR HEART

Whatever this day has held—joy or sorrow, work or rest—lay it now before your gracious God, who welcomes you into his presence.

O God, make speed to save us.

O Lord, make haste to help us.

Abide with us, Lord, for it is evening,
and day is drawing to a close,
let us pray with one heart and mind:

O Lord God, who has given us the joy of this day and brought us safely to its end, grant us your peace tonight. As we lay down to rest, we entrust ourselves to your care and protection. Forgive our sins, strengthen our faith, and prepare us for the day to come. May we rest in Christ, our Savior, and rise to serve you with renewed vigor. In His name we pray, Amen.

JOHN CALVIN



EVENING PSALM



The appointed psalm is read.

Check reading plan at the back of this book.

The Psalm ends with

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning
is now and shall be for ever. Amen.

EVENING LESSON

Read this evening's lesson with awe and reverence, for the grass withers and the flower fades, but the Word of our God will stand forever (Isa. 40:8).



The appointed bible lesson is read.

Check reading plan at the back of this book.

QUIET REFLECTION

Take a time of quiet reflection and meditate on God's Word. Recall what you have just read. How is God speaking to you through the Holy Scriptures this evening?

Following the reflection:

The Lord is near to the brokenhearted
and saves the crushed in spirit.

**The Lord is near to the brokenhearted
and saves the crushed in spirit.**

Many are the afflictions of the righteous,
but the Lord delivers him out of them all.

**The Lord is near to the brokenhearted
and saves the crushed in spirit.**

FROM PSALM 34



THANKSGIVING

What are you thankful to God for today?

- Thank him for daily provision and sustaining grace.
- Thank him for the gospel and its work in your life and church.
- Thank him for answered prayer and unexpected mercies.
- Thank him for christian friends and the gift of the Church.

THE COLLECT

O Lord, I have passed through this day under your providence. Forgive my wanderings, restrain my passions, and sanctify all my thoughts and actions. Give me quiet rest and watch over me in sleep. May my soul rise tomorrow to delight in you anew. Amen.

THOMAS WATSON

THE CONCLUSION

The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; of whom shall I be afraid?

PSALM 27:1

"I will lie down in peace, and take my rest; for you, Lord, only, make me dwell in safety."

PSALM 4:8



TUESDAY

MORNING

“I have held many things in my hands, and I have lost them all; but whatever I have placed in God’s hands, that I still possess.”

MARTIN LUTHER



PREPARE YOUR HEART

As morning breaks on a new day, turn your thoughts to the One who does not sleep and whose mercies are new every day.

Grant, Almighty God, that as the light of the sun drives away the darkness of night, so in this day may your light rise upon us, driving away the darkness of our minds. And as you daily grant us a new day, so grant that we may begin this day with new obedience, consecrating ourselves wholly to you. Govern us by your Spirit, that all our actions may tend to the glory of your name and the edification of our brethren, through Jesus Christ our Lord. Amen.

JOHN CALVIN

MORNING PSALM

While you read this morning's psalm, pray for the same honesty, affection and trust in the Lord that the psalmists reveal.



The appointed psalm is read.

Check reading plan at the back of this book.

The Psalm ends with

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning
is now and shall be for ever. Amen.



MORNING LESSON

As you read God's word this morning, keep Christ in view, for He is the central sun that illuminates all of scripture.



The appointed bible lesson is read.
Check reading plan at the back of this book.

QUIET REFLECTION

Following the lesson, take a moment to listen to the Lord. Be still and know that He is God.

Following the reflection:

Let us not grow weary of doing good,
for in due season we will reap.

**Let us not grow weary of doing good,
for in due season we will reap.**

Bear one another's burdens, and so fulfill the law of Christ.

**Let us not grow weary of doing good,
for in due season we will reap.**

FROM GALATIANS 6



PRAYERS

What is on your heart this morning that you want to bring before the Lord? Here are a few things you could pray for:

- Pray for believers around the world to be bold and steadfast in their witness.
- Ask God to guide government leaders toward justice, mercy, and truth.
- Ask the Lord to provide for the poor, the hungry, and those without shelter.
- Pray for unity and love within the Church, that Christ would be seen clearly.

THE COLLECT

Take my will, O Lord, that I may will only what You will. Take my mind, that I may think of You and for You. Take my hands, that they may work for You. Take my feet, that they may walk in Your ways. Take my mouth, that all my speaking may be for You. Take my heart, that it may love only You. I give myself wholly unto You, O Lord, for You have bought me with the price of Your own blood.

MARTIN LUTHER



BENEDICTION

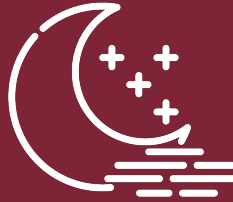
Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

PSALM 143:8



REPETITION

You will notice that there is a fair amount of repetition in the structure and prayers in this book. This is intentional, because we believe that repetition is part of spiritual formation. Through repetition, we develop a well-worn rhythm of faith in our lives. If we allow it, praying the same prayers regularly can plant truth deep in our hearts, because it gives us the time to adapt and align our hearts to the truths we profess.



TUESDAY

EVENING

Come to Jesus, your faithful friend, this evening.

“Christ is the most suitable and faithful friend in the world. He never fails you when you have most need of Him.”

RICHARD BAXTER



INVOCATION

Come to prayer with trembling and awe this evening, for the glory of God is beyond your imagination.

“There is none holy like the Lord: for there is none besides you; there is no rock like our God.”

1 SAMUEL 2:2

CONFESSION

Search your heart and repent of the ways you have fallen into sin.

I acknowledge my manifold sins before You, O God. I have offended in thoughts, words, and actions. Pardon me for Christ's sake. Give me a quiet heart, a grateful mind, and a trustful spirit, that I may rest in Your providence, and awaken to serve You with gladness.

MATTHEW HENRY

ASSURANCE

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace. Amen.

1 JOHN 1:8-9 EPH 1:7



REJOICE

Glory in the redemption found in Jesus Christ. Let not your sense of sin quench your joy of pardon. Rejoice that your salvation is not found in the steadfastness of your faith, but in the faithfulness of your gracious Saviour. Fix your eyes on the day when you will be together with Him in your Father's kingdom.

EVENING PSALM



The appointed psalm is read.
Check reading plan at the back of this book.

The Psalm ends with

Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever.
Amen.

EVENING LESSON

Incline your heart to God's Word tonight, for it is a lamp to your feet and a light to your path (Ps. 119:105)



The appointed bible lesson is read.
Check reading plan at the back of this book.

QUIET REFLECTION

Take a time of quiet reflection and meditate on God's Word. How is God speaking to you through the Holy Scriptures this evening?



Following the reflection:

Trust in him at all times, O people;
pour out your heart before him.

**Trust in him at all times, O people;
pour out your heart before him.**

He only is our rock and our salvation, our fortress;
we shall not be shaken.

**Trust in him at all times, O people;
pour out your heart before him.**

FROM PSALM 62

THANKSGIVING

During this time, take a moment to thank God for his provision and goodness to you this day.

- Thank him for His faithfulness in seasons of waiting and doubt.
- Thank Him for being with you always.
- Thank Him for the strength to endure in dark days.

EVENING PRAYER

O Lord, you have brought me to the end of this day. Pardon my sins, accept my prayers and duties, and grant that I may rest in peace. Watch over my loved ones, my thoughts, and my ways. May tomorrow be spent in your service, and may I live wholly for your glory. Amen.

MATTHEW HENRY

“I will lie down in peace, and take my rest; for you, Lord, only, make me dwell in safety.”

PSALM 4:8



WEDNESDAY

MORNING

As a new day awakens, rejoice in the Lords's goodness.

“There is not one blade of grass, there is no color in this world that is not intended to make us rejoice.”

JOHN CALVIN



PREPARE YOUR HEART

Before the demands of the day rise to meet you, rest for a moment in the presence of the One for whom you were created.

Lord, as I rise this morning, I resolve to set myself to obey you, to watch over my heart and ways, to redeem my time, and to do all in love. Strengthen me for every duty, prepare me for every trial, grant me victory in every temptation. May I this day walk more closely with you, and more fruitfully for you, through Jesus Christ. Amen.

RICHARD BAXTER

MORNING PSALM

Look for Christ in this morning's psalm. Only he will render it a source of gospel-shaped comfort, prayer, and praise.



The appointed psalm is read.
Check reading plan at the back of this book.

The Psalm ends with
Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning
is now and shall be for ever. Amen.

MORNING LESSON

Receive the Word this morning not as the word of men, but as what it really is—the Word of God (1 Thess. 2:13).



The appointed bible lesson is read.
Check reading plan at the back of this book.



QUIET REFLECTION

Following the lesson, take a moment to listen to the Lord. Be still and know that He is God.

Following the reflection:

Be strong and courageous and do not fear.

Be strong and courageous and do not fear.

For it is the Lord your God who goes with you.

He will not leave you or forsake you.

Be strong and courageous and do not fear.

FROM DEUT 31

PRAYERS

What is on your heart this morning that you want to bring before the Lord? Here are a few things you could pray for:

- Pray for a spirit of contentment and joy in Christ, whatever the circumstances.
- Ask God to renew your mind and guard your thoughts in truth.
- Pray for strength to forgive quickly and to love even when it is costly.



THE COLLECT

O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. Amen.

BOOK OF COMMON PRAYER

THE LORD'S PRAYER

As our Saviour taught us, so we pray:

Our Father in heaven, hallowed be your name.

Your kingdom come, your will be done,
on earth as it is in heaven.

Give us this day 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 evil.

MATTHEW 6:9-13

BENEDICTION

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

PROVERBS 3:5-6



WEDNESDAY

EVENING

Cling to God's mercy this evening.

“God's mercy is a shoreless ocean, where none can see bottom.”

THOMAS WATSON



INVOCATION

Before you begin to pray, take your eyes off yourself and place them onto the holy, great, and glorious God, who breathed out the stars.

“God reigns over the nations; God sits on his holy throne.”

PSALM 47:8

CONFESSION

Take a moment to let the Holy Spirit reveal to you areas of this day where you have worshiped and served created things rather than the Creator (Rom 1:25).

O Lord, my sins cry out against me, yet Your mercy calls to me. I confess them with sorrow and ask Your gracious forgiveness. Let Your angels keep me this night, and Your Spirit guide me in righteousness tomorrow. Teach me to love You more, and sin less. Amen.

THOMAS WATSON

ASSURANCE

There is now no condemnation for those who are in Christ Jesus. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace. As far as the east is from the west, so far has he removed our transgressions from us. Amen.

ROMANS 8:1, EPHESIANS 1:7, PSALM 103:12



PREPARE YOUR HEART

Quiet your thoughts, release your burdens. The Lord invites you to rest in His presence and trust in His care.

Abide with us, Lord, for it is evening,
and day is drawing to a close,
let us pray with one heart and mind:

O Lord, you make everyone who witnesses the beginning and ending of the day to marvel at your wonders. Wherever morning dawns and evening fades you call forth spontaneous shouts of joy. We go out to work when the day dawns, and return to rest in the evening. In the same way, let our souls return and rest in you, for you have dealt bountifully with us.

MATTHEW HENRY

EVENING PSALM



The appointed psalm is read.
Check reading plan at the back of this book.

The Psalm ends with
Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning
is now and shall be for ever. Amen.



EVENING LESSON

As you open the Scriptures, ask the Lord to still your heart and speak to you through his word.



The appointed bible lesson is read.
Check reading plan at the back of this book.

QUIET REFLECTION

Take a time of quiet reflection and meditate on God's Word. Recall what you have just read. How is God speaking to you through the Holy Scriptures this evening?

Following the reflection:

Seek first the kingdom of God and his righteousness,
and all these things will be added to you.

**Seek first the kingdom of God and his righteousness,
and all these things will be added to you.**

Therefore I tell you, do not be anxious about your life.

**Seek first the kingdom of God and his righteousness,
and all these things will be added to you.**

FROM MATTHEW 6

THANKSGIVING

What are you thankful to God for today?

- Thank him for giving you more than you deserve—day after day.
- Thank him for moments of laughter and joy this day.
- Thank him for Jesus - your hope, your peace, your life.



THE COLLECT

Lord, support us all the day long through this trouble-filled life, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in your mercy grant us a safe lodging, and a holy rest, and peace at the last. Amen.

BOOK OF COMMON PRAYER

THE CONCLUSION

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

“I will lie down in peace, and take my rest; for you, Lord, only, make me dwell in safety.”

PSALM 4:8



A QUIET PLACE

It isn't always possible, but we would suggest you find a quiet, peaceful place to pray these prayers. We are easily distracted by the busyness of life and even Jesus often looked for a quiet, solitary place to pray (Mark 1:35, Luke 5:16).



THURSDAY

MORNING

Dwell on God's grace this morning.

“Grace is a treasure that makes poverty rich and misery blessed.”

RICHARD SIBBES



PREPARE YOUR HEART

At the dawning of this new day, let your first thoughts be shaped by the grace and truth of Christ.

O Lord, this day is new, my strength is weak, and my wisdom insufficient. Let your Spirit go before me, and direct me in all my ways. Sanctify my thoughts, words, and actions, and keep me from every sin. May I live today as one who must give account to you, and may my heart be tender to your Word and your call. Amen.

THOMAS WATSON

MORNING PSALM

Don't just read the Psalm this morning; use it as a prayer.



The appointed psalm is read.
Check reading plan at the back of this book.

The Psalm ends with
Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning
is now and shall be for ever. Amen.



MORNING LESSON

As you read this morning's lesson, come to the Scriptures expecting to be shaped, challenged, and comforted.



The appointed bible lesson is read.
Check reading plan at the back of this book.

QUIET REFLECTION

Following the lesson, take a moment to listen to the Lord. Be still and know that he is God.

Following the reflection:

Whoever abides in me and I in him,
he it is that bears much fruit.

**Whoever abides in me and I in him,
he it is that bears much fruit.**

For apart from me you can do nothing.

**Whoever abides in me and I in him,
he it is that bears much fruit.**

FROM JOHN 15

PRAYERS

What is on your heart this morning that you want to bring before the Lord? Here are a few things you could pray for:

- Pray for open hearts in your workplace, school, or neighborhood to receive Christ.
- Ask God to make your life a clear witness of His grace and truth.
- Pray for boldness and compassion to speak the gospel with gentleness and respect.
- Ask the Lord to remove barriers that keep people from hearing and believing.



THE COLLECT

God, our true Life, in you and by you all things live. To know you is life, to serve you is freedom, to enjoy you is a kingdom, to praise you is the joy and happiness of the soul. I praise, and bless, and worship you, I glorify you, I give thanks to you for your great glory. Abide with me, reign in me, make my heart a holy temple, a dwelling prepared for your Divine majesty. I trust in your mercy alone for safety and protection. Guard me with the power of your grace, here and in all places, now and forevermore. Amen.

AUGUSTINE OF HIPPO

THE LORD'S PRAYER

As our Saviour taught us, so we pray:

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day 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 evil.

MATTHEW 6:9-13

BENEDICTION

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 THESSALONIANS 5:16-18



THURSDAY

EVENING

Bring everything to Christ this evening:

“There is no sweeter fellowship with Christ than to bring our wounds and our sores to him.”

SAMUEL RUTHERFORD



INVOCATION

Come to prayer this evening in awe of the God who is omnipotent and glorious beyond compare, yet chose to save a sinner like you.

Who will not fear, O Lord, and glorify your name? For you alone are holy. All nations will come and worship you, for your righteous acts have been revealed.

REVELATION 15:4

CONFESSION

Pause and let the Holy Spirit shed light on the areas of your heart where you have been treasuring worldly things above the Lord Jesus Christ.

I have sinned this day, O Lord, and am unworthy of Your mercy, yet I trust in Christ Jesus. Forgive my failings, strengthen my faith, and grant me peace this night, that I may wake to serve You with joy.

JOHN BUNYAN

ASSURANCE

There is now no condemnation for those who are in Christ Jesus. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace. As far as the east is from the west, so far has he removed our transgressions from us. Amen.

ROMANS 8:1, EPHESIANS 1:7, PSALM 103:12



REJOICE

Rejoice in the gift of grace found in Jesus Christ. Let not your sense of sin quench your joy of pardon. Stand in wonder that the Father set his love upon you before he laid the foundations of the Earth. Thank him that his mercy for you is new every morning. Fix your eyes upon the real and glorious hope of heaven.

Following the reflection:

We turn to you, Lord God, Father Almighty. And with pure hearts we offer to you our best and truest thanks, as much as we can in our weakness.

With all of our hearts we pray for your exceeding kindness.

In your good pleasure, stoop down to hear our prayers, and drive out the enemy from our thoughts and actions.

Increase our faith, guide our understanding, give us kingdom thoughts, and lead us to your spiritual joy-through Jesus Christ your Son, our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen.

AUGUSTINE OF HIPPO

EVENING PSALM



The appointed psalm is read.

Check reading plan at the back of this book.

The Psalm ends with

Glory to the Father and to the Son

and to the Holy Spirit;

as it was in the beginning

is now and shall be for ever. Amen.



EVENING LESSON

In a world of noise, let God's Word quiet and ground your heart in his truth.



The appointed bible lesson is read.
Check reading plan at the back of this book.

QUIET REFLECTION

Take a time of quiet reflection and meditate on God's Word. Recall what you have just read. How is God speaking to you through the Holy Scriptures this evening?

Following the reflection:

Worthy are you, our Lord and God,
to receive glory and honor and power.

**Worthy are you, our Lord and God,
to receive glory and honor and power.**

For you created all things,
and by your will they existed and were created.

**Worthy are you, our Lord and God,
to receive glory and honor and power.**

FROM REVELATION 4

THANKSGIVING

What are you thankful to God for today?

- Thank him for your family and loved ones.
- Thank Him for choosing you before the foundation of the world.
- Thank him for a hope that lasts beyond the grave.



THE COLLECT

Blessed Lord, I thank you for all your mercies this day: for life, health, and provision; for your Word, your Spirit, and your people. Forgive what has been amiss, sanctify what has been done for your glory, and grant me peaceful rest in your care. Amen.

WILLIAM GURNALL

THE CONCLUSION

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

ISAIAH 26:3

“I will lie down in peace, and take my rest; for you, Lord, only, make me dwell in safety.”

PSALM 4:8



RESPONSES

You will notice that some of the prayers have sections in bold. If you are using this book together with a group, use the bold sections as responses. If you are reading it alone, just ignore the bolding.



FRIDAY

MORNING

As you begin this new day, stake your life on the grace of Jesus.

“Faith is a living, daring confidence in God’s grace, so sure and certain that a man could stake his life on it a thousand times.”

MARTIN LUTHER



PREPARE YOUR HEART

As you begin this new day, remember that you are not your own. You belong to God in Christ. Walk today in His strength, not your own.

Lord, I give myself to you this morning. Let me be wholly yours, to be guided, restrained, and employed for your glory. Take my heart, my mind, my hands, my words, my desires, and make them instruments of your praise. Keep me watchful against sin, patient in trial, and faithful in duty. May your mercy follow me all this day. Amen.

WILLIAM PERKINS

MORNING PSALM

As you read this morning's psalm, pray for the same honesty, affection and trust in the Lord that the psalmists reveal.



The appointed psalm is read.

Check reading plan at the back of this book.

The Psalm ends with

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning
is now and shall be for ever.
Amen.



MORNING LESSON

Approach the Word with humility; God resists the proud but gives grace to the lowly.



The appointed lesson is read.

Check reading plan at the back of this book.

QUIET REFLECTION

Following the lesson, take a moment to listen to the Lord. Be still and know that he is God.

Following the reflection:

Keep your life free from love of money,
and be content with what you have.

**Keep your life free from love of money,
and be content with what you have.**

For God will equip you with everything good
that you may do his will.

**Keep your life free from love of money,
and be content with what you have.**

FROM HEBREWS 13

PRAYERS

What is on your heart this morning that you want to bring before the Lord? Here are a few things you could pray for:

- Ask God to guard your church from division and deepen its witness of Christ's love and truth.
- Pray for discernment to recognize and resist the lies of the enemy.
- Ask God to grow in you a deeper gratitude for His daily provision.



THE COLLECT

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

BOOK OF COMMON PRAYER

THE LORD'S PRAYER

As our Saviour taught us, so we pray:

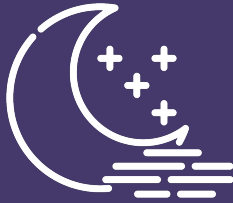
Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

MATTHEW 6:9-13

BENEDICTION

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word. Amen.

2 THESSALONIANS 2:16-17



FRIDAY

EVENING

As night falls, find your rest in the mercy of Jesus.

“There is more mercy in Christ than sin in us.”

THOMAS GOODWIN



INVOCATION

Before you begin to pray, remember who God is and who you are.

“Exalt the Lord our God, and worship at his holy mountain;
for the Lord our God is holy!”

PSALM 99:9

CONFESSION

*Take a moment to let the Holy Spirit convict you of this day's sins.
Don't hide or minimize your failures, instead, feel their weight
and set them at the foot of the cross.*

Almighty and most merciful Father, we have erred and strayed from your ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against your holy laws. We have left undone those things which we ought to have done, and we have done those things which we ought not to have done; and apart from your grace, there is no health in us. O Lord, have mercy upon us. Spare all those who confess their faults. Restore all those who are penitent, according to your promises declared to all people in Christ Jesus our Lord. And grant, O most merciful Father, for his sake, that we may now live a godly, righteous, and sober life, to the glory of your holy name. Amen.

BOOK OF COMMON PRAYER



ASSURANCE

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace. Amen.

1 JOHN 1:8-9 EPH 1:7

PREPARE YOUR HEART

God's mercies are steady, even when you are not. Draw near in quiet confidence, for His grace is sufficient for you.

Lord, I place this night, my soul, my body, and all my affairs in your hands. Forgive my errors, strengthen my faith, and grant me grace to live tomorrow more devotedly to Christ. Guard me from temptation and evil, and let my rest be in your peace. Amen.

JOHN OWEN

EVENING PSALM



The appointed psalm is read.

Check reading plan at the back of this book.

The Psalm ends with

Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever.
Amen.



EVENING LESSON

As you read, ask for eyes to see Christ and a heart ready to obey.



The appointed bible lesson is read.

Check reading plan at the back of this book.

QUIET REFLECTION

Take a time of quiet reflection and meditate on God's Word.

Following the reflection:

Blessed is the man who remains steadfast under trial.

Blessed is the man who remains steadfast under trial.

For when he has stood the test he will receive the crown of life, which God has promised to those who love him.

Blessed is the man who remains steadfast under trial.

FROM JAMES 1

THANKSGIVING

During this time, take a moment to thank God for his provision and goodness to you this day.

- Thank him for the church - the body of Christ.
- Thank him for your marriage and children (or those within your family).
- Thank him that he is always working for your good and his glory.



THE COLLECT

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. Amen.

BOOK OF COMMON PRAYER

THE CONCLUSION

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

“I will lie down in peace, and take my rest; for you, Lord, only, make me dwell in safety.”

PSALM 4:8



PROFILES

SAINTS FROM THE PAST

Profiles

Throughout this series, you will have come across prayers and quotes from Christians throughout the ages. Below are short profiles to help you become acquainted with each of these faithful men of God.

THOMAS CRANMER

Thomas Cranmer (1489–1556) was the first Reformed Archbishop of Canterbury and, in the earliest days of the Anglican Church, no figure exercised as great an influence. He was the primary author of the Anglican Book of Common Prayer.

RECOMMENDED READING: “THE BOOK OF COMMON PRAYER”.

RICHARD SIBBES

Richard Sibbes (1577–1635) was a puritan Anglican minister in England. He was known in his time as the “heavenly doctor” for both his preaching and his holy life. He possessed a unique ability to expose the sinner’s disease while also providing the soothing remedy of Christ in the gospel.

RECOMMENDED READING: “THE BRUISED REED”.

J.I. PACKER

J.I. Packer (1926–2020) was a Canadian Anglican evangelical theologian and writer. He is widely recognized as one of the most influential theologians of the twentieth century.

RECOMMENDED READING: “KNOWING GOD”.

PHILIP MELANCHTHON

Philip Melanchthon (1497–1560) was a German reformer, and co-worker with Martin Luther. He was the first systematic theologian of the Protestant Reformation.

MATTHEW HENRY

Matthew Henry (1662-1714) was an English puritan, preacher, and author of one of the most popular biblical commentaries ever written.

RECOMMENDED READING: "COMPLETE COMMENTARY ON THE BIBLE".

THOMAS WATSON

Thomas Watson (1620-1686) was an English Puritan preacher and author known for his sound, heart-searching exposition of Scripture.

RECOMMENDED READING: "ALL THINGS FOR GOOD".

CHARLES SPURGEON

Charles Spurgeon (1834-1892) was an English pastor who was known in the 19th century as the "prince of preachers" for his fervant, Christ-centered preaching.

RECOMMENDED READING: "ALL OF GRACE".

ROBERT MURRAY M'CHEYNE

Robert Murray M'Cheyne (1813-1843) was a minister in the Church of Scotland from 1835 to 1843.

RECOMMENDED READING: "MEMOIR AND REMAINS".

JOHN MACDUFF

John Ross Macduff (1818-1895) was a Scottish divine and a prolific author of religious essays.

JOHN CALVIN

John Calvin (1509-1564) was a French theologian, pastor and reformer in Geneva during the Protestant Reformation.

JOHN OWEN

John Owen (1616-1683) was an English Puritan church leader, theologian, and vice-chancellor of the University of Oxford. He was one of the most prominent theologians in England during his lifetime.

NICOLAUS SELNECKER

Born 1530, Nicolaus was a German musician, theologian and Protestant reformer. He is now known mainly as a hymn writer.

ST. AMBROSE OF MILAN

Ambrose of Milan (339-397) was a theologian and statesman who served as Bishop of Milan from 374 to 397.

ST. AUGUSTINE

St. Augustine of Hippo (354-430) was a theologian and philosopher of and the bishop of Hippo Regius in Numidia, Roman North Africa. His writings deeply influenced the development of Western philosophy and Western Christianity.

RECOMMENDED READING: "CONFESSIONS".

J.C. RYLE

J.C. Ryle (1816-1900) was the first bishop of Liverpool. He was an outstanding and beloved exponent of the evangelical and reformed faith. He is remembered as being "Bold as a lion for the truth of God's Word and his Gospel."

RECOMMENDED READING: "THE CROSS OF CHRIST".

MARTYN LLOYD-JONES

Martyn Lloyd-Jones (1899-1981), a Welsh minister, preacher, and medical doctor, stands as one of the most influential figures in 20th-century Reformed evangelicalism.

RECOMMENDED READING: "STUDIES IN THE SERMON ON THE MOUNT".

MARTIN LUTHER

Martin Luther (1483-1546) is remembered as one of the fathers of the protestant reformation. His dedication to the gospel brought about widespread reforms in the church that exist to this day.

RECOMMENDED READING: "THE BONDAGE OF THE WILL".



READINGS

LESSONS + PSALMS



OCTOBER

October

2026 READINGS

	MORNING PSALM	MORNING LESSON	EVENING PSALM	EVENING LESSON
WEEK 1	1 ○ Psalm 107	1 ○ Job 5	1 ○ Psalm 108	1 ○ Heb 4:1-13
	2 ○ Psalm 109	2 ○ Job 6	2 ○ Psalm 110	2 ○ Heb 4:14-16

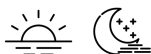
WEEK 2	5 ○ Psalm 111	5 ○ Job 7	5 ○ Psalm 112	5 ○ Heb 5:1-14
	6 ○ Psalm 113	6 ○ Job 8	6 ○ Psalm 114	6 ○ Heb 6:1-12
	7 ○ Psalm 115	7 ○ Job 9	7 ○ Psalm 116	7 ○ Heb 6:13-20
	8 ○ Psalm 117	8 ○ Job 10	8 ○ Psalm 118	8 ○ Heb 7:1-19
	9 ○ Psalm 119:1-24	9 ○ Job 11	9 ○ Psa 119:25-48	9 ○ Heb 7:20-28

WEEK 3	12 ○ Psalm 119:49-72	12 ○ Job 12	12 ○ Psa 119:73-88	12 ○ Heb 8:1-13
	13 ○ Psa 119:89-104	13 ○ Job 13	13 ○ Psa 119:105-128	13 ○ Heb 9:1-14
	14 ○ Psa 119:129-152	14 ○ Job 14	14 ○ Psa 119:153-176	14 ○ Heb 9:15-28
	15 ○ Psalm 120	15 ○ Job 15	15 ○ Psalm 121	15 ○ Heb 10:1-18
	16 ○ Psalm 122	16 ○ Job 16	16 ○ Psalm 123	16 ○ Heb 10:19-39

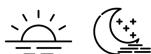
WEEK 4	19 ○ Psalm 124	19 ○ Job 17	19 ○ Psalm 125	19 ○ Heb 11:1-16
	20 ○ Psalm 126	20 ○ Job 18	20 ○ Psalm 127	20 ○ Heb 11:17-40
	21 ○ Psalm 128	21 ○ Job 19	21 ○ Psalm 129	21 ○ Heb 12:1-17
	22 ○ Psalm 130	22 ○ Job 20	22 ○ Psalm 131	22 ○ Heb 12:18-29
	23 ○ Psalm 132	23 ○ Job 21	23 ○ Psalm 133	23 ○ Heb 13:1-25

WEEK 5	26 ○ Psalm 134	26 ○ Job 22	26 ○ Psalm 135	26 ○ Rom 1:1-17
	27 ○ Psalm 136	27 ○ Job 23	27 ○ Psalm 137	27 ○ Rom 1:18-32
	28 ○ Psalm 138	28 ○ Job 24	28 ○ Psalm 139	28 ○ Rom 2:1-16
	29 ○ Psalm 140	29 ○ Job 25	29 ○ Psalm 141	29 ○ Rom 2:17-29
	30 ○ Psalm 142	30 ○ Job 26	30 ○ Psalm 143	30 ○ Rom 3:1-20

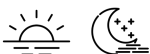
MONDAY



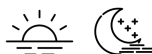
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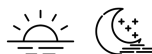
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THURSDAY



FRIDAY

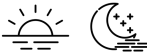


November

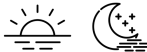
2026 READINGS

	MORNING PSALM	MORNING LESSON	EVENING PSALM	EVENING LESSON
WEEK 1	2 ☐ Psalm 144	2 ☐ Job 27	2 ☐ Psalm 145	2 ☐ Rom 3:21–31
	3 ☐ Psalm 146	3 ☐ Job 28	3 ☐ Psalm 147	3 ☐ Rom 4:1–12
	4 ☐ Psalm 148	4 ☐ Job 29	4 ☐ Psalm 149	4 ☐ Rom 4:13–25
	5 ☐ Psalm 150	5 ☐ Job 30	5 ☐ Psalm 1	5 ☐ Rom 5:1–11
	6 ☐ Psalm 2	6 ☐ Job 31	6 ☐ Psalm 3	6 ☐ Rom 5:12–21
WEEK 2	9 ☐ Psalm 4	9 ☐ Job 32	9 ☐ Psalm 5	9 ☐ Rom 6:1–14
	10 ☐ Psalm 6	10 ☐ Job 33	10 ☐ Psalm 7	10 ☐ Rom 6:15–23
	11 ☐ Psalm 8	11 ☐ Job 34	11 ☐ Psalm 9	11 ☐ Rom 7:1–6
	12 ☐ Psalm 10	12 ☐ Job 35	12 ☐ Psalm 11	12 ☐ Rom 7:7–25
	13 ☐ Psalm 12	13 ☐ Job 36	13 ☐ Psalm 13	13 ☐ Rom 8:1–17
WEEK 3	16 ☐ Psalm 14	16 ☐ Job 37	16 ☐ Psalm 15	16 ☐ Rom 8:18–39
	17 ☐ Psalm 16	17 ☐ Job 38	17 ☐ Psalm 17	17 ☐ Rom 9:1–18
	18 ☐ Psalm 18	18 ☐ Job 39	18 ☐ Psalm 19	18 ☐ Rom 9:19–33
	19 ☐ Psalm 20	19 ☐ Job 40	19 ☐ Psalm 21	19 ☐ Rom 10:1–21
	20 ☐ Psalm 22	20 ☐ Job 41	20 ☐ Psalm 23	20 ☐ Rom 11:1–24
WEEK 4	23 ☐ Psalm 24	23 ☐ Job 42	23 ☐ Psalm 25	23 ☐ Rom 11:25–36
	24 ☐ Psalm 26	24 ☐ Prov 1	24 ☐ Psalm 27	24 ☐ Rom 12:1–8
	25 ☐ Psalm 28	25 ☐ Prov 2	25 ☐ Psalm 29	25 ☐ Rom 12:9–21
	26 ☐ Psalm 30	26 ☐ Prov 3	26 ☐ Psalm 31	26 ☐ Rom 13:1–14
	27 ☐ Psalm 32	27 ☐ Prov 4	27 ☐ Psalm 33	27 ☐ Rom 14:1–12
W5	30 ☐ Psalm 34	30 ☐ Prov 5	30 ☐ Psalm 35	30 ☐ Rom 14:13–23

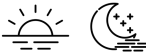
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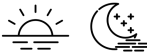
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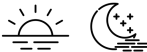
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THURSDAY



FRIDAY





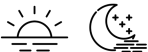
DECEMBER

December

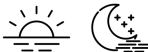
2026 READINGS

	MORNING PSALM	MORNING LESSON	EVENING PSALM	EVENING LESSON
WEEK 1	1 ☐ Psalm 36	1 ☐ Prov 6	1 ☐ Psalm 37	1 ☐ Rom 15:1-13
	2 ☐ Psalm 38	2 ☐ Prov 7	2 ☐ Psalm 39	2 ☐ Rom 15:14-33
	3 ☐ Psalm 40	3 ☐ Prov 8	3 ☐ Psalm 41	3 ☐ Rom 16:1-16
	4 ☐ Psalm 42	4 ☐ Prov 9	4 ☐ Psalm 43	4 ☐ Rom 16:17-27
WEEK 2	7 ☐ Psalm 44	7 ☐ Prov 10	7 ☐ Psalm 45	7 ☐ Matt 1:1-25
	8 ☐ Psalm 46	8 ☐ Prov 11	8 ☐ Psalm 47	8 ☐ Matt 2:1-23
	9 ☐ Psalm 48	9 ☐ Prov 12	9 ☐ Psalm 49	9 ☐ Matt 3:1-17
	10 ☐ Psalm 50	10 ☐ Prov 13	10 ☐ Psalm 51	10 ☐ Matt 4:1-25
	11 ☐ Psalm 52	11 ☐ Prov 14	11 ☐ Psalm 53	11 ☐ Matt 5:1-26
WEEK 3	14 ☐ Psalm 54	14 ☐ Prov 15	14 ☐ Psalm 55	14 ☐ Matt 5:27-48
	15 ☐ Psalm 56	15 ☐ Prov 16	15 ☐ Psalm 57	15 ☐ Matt 6:1-34
	16 ☐ Psalm 58	16 ☐ Prov 17	16 ☐ Psalm 59	16 ☐ Matt 7:1-29
	17 ☐ Psalm 60	17 ☐ Prov 18	17 ☐ Psalm 61	17 ☐ Matt 8:1-17
	18 ☐ Psalm 62	18 ☐ Prov 19	18 ☐ Psalm 63	18 ☐ Matt 8:18-34
WEEK 4	21 ☐ Psalm 64	21 ☐ Prov 20	21 ☐ Psalm 65	21 ☐ Matt 9:1-17
	22 ☐ Psalm 66	22 ☐ Prov 21	22 ☐ Psalm 67	22 ☐ Matt 9:18-38
	23 ☐ Psalm 68	23 ☐ Prov 22	23 ☐ Psalm 69	23 ☐ Matt 10:1-25
	24 ☐ Psalm 70	24 ☐ Prov 23	24 ☐ Psalm 71	24 ☐ Matt 10:26-42
	25 ☐ Psalm 72	25 ☐ Prov 24	25 ☐ Psalm 73	25 ☐ Matt 11:1-30
WEEK 5	28 ☐ Psalm 74	28 ☐ Prov 25	28 ☐ Psalm 75	28 ☐ Matt 12:1-21
	29 ☐ Psalm 76	29 ☐ Prov 26	29 ☐ Psalm 77	29 ☐ Matt 12:22-50
	30 ☐ Psalm 78	30 ☐ Prov 27	30 ☐ Psalm 79	30 ☐ Matt 13:1-23
	31 ☐ Psalm 80	31 ☐ Prov 28	31 ☐ Psalm 81	31 ☐ Matt 13:24-43

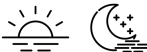
MONDAY



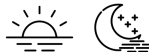
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

