

Week Two + Friday Evening

O God, come to our assistance.

O Lord, hasten to help us.

Glory be to the Father, and to the Son
and to the Holy Spirit.

As it was before,
is now,
and ever more.

Psalm 39

I promised I would watch my steps
so as not to sin with my tongue;
promised to keep my mouth shut
as long as the wicked were in my presence.

So I was completely quiet, silent.

I kept my peace, but it did no good.

My pain got worse.

My heart got hot inside me;
while stewing over it, the fire burned.

Then I spoke out with my tongue:

“Let me know my end, Lord.

How many days do I have left?

I want to know how brief my time is.”

You’ve made my days so short;
my lifetime is like nothing in your eyes.

Yes, a human life is nothing but a puff of air!

Yes, people wander around like shadows;

yes, they hustle and bustle, but pointlessly;

they don’t even know who will get the wealth
they’ve amassed.

So now, Lord, what should I be waiting for?

My hope is set on you.

Deliver me from all my sins;

don’t make me some foolish person’s joke.

I am completely silent; I won’t open my mouth
because you have acted.

Get this plague of yours off me!

I’m being destroyed by the blows from your fist.
You discipline people for their sin, punishing them;
like a moth, you ruin what they treasure.

Yes, a human life is just a puff of air!

Hear my prayer, Lord!

Listen closely to my cry for help!

Please don’t ignore my tears!

I’m just a foreigner—

an immigrant staying with you,
just like all my ancestors were.

Look away from me

so I can be happy again

before I pass away and am gone.

Psalm 40

I put all my hope in the Lord.

He leaned down to me;

he listened to my cry for help.

He lifted me out of the pit of death,

out of the mud and filth,

and set my feet on solid rock.

He steadied my legs.

He put a new song in my mouth,

a song of praise for our God.

Many people will learn of this and be amazed;

they will trust the Lord.

Those who put their trust in the Lord,

who pay no attention to the proud

or to those who follow lies,

are truly happy!

You, Lord my God!

You’ve done so many things—

your wonderful deeds and your plans for us—

no one can compare with you!
If I were to proclaim and talk about all of them,
they would be too numerous to count!
You don't relish sacrifices or offerings;
you don't require entirely burned offerings or
compensation offerings—
but you have given me ears!
So I said, "Here I come!
I'm inscribed in the written scroll.
I want to do your will, my God.
Your Instruction is deep within me."
I've told the good news of your righteousness
in the great assembly.
I didn't hold anything back—
as you well know, Lord!
I didn't keep your righteousness only to myself.
I declared your faithfulness and your salvation.
I didn't hide your loyal love and trustworthiness
from the great assembly.
So now you, Lord—
don't hold back any of your compassion from me.
Let your loyal love and faithfulness always protect me,
because countless evils surround me.
My wrongdoings have caught up with me—
I can't see a thing!
There's more of them than hairs on my head—
my courage leaves me.
Favor me, Lord, and deliver me!
Lord, come quickly and help me!
Let those who seek my life, who want me dead,
be disgraced and put to shame.
Let those who want to do me harm
be thoroughly frustrated and humiliated.
Let those who say to me, "Yes! Oh, yes!"^[a]
be destroyed by their shame.
But let all who seek you

celebrate and rejoice in you.
Let those who love your salvation always say,
"The Lord is great!"
But me? I'm weak and needy.
Let my Lord think of me.
You are my help and my rescuer.
My God, don't wait any longer!

Psalm 41

Those who pay close attention to the poor are truly
happy!
The Lord rescues them during troubling times.
The Lord protects them and keeps them alive;
they are widely regarded throughout the land as
happy people.
You won't hand them over to the will of their
enemies.
The Lord will strengthen them when they are lying in
bed, sick.
You will completely transform the place where they
lie ill.
But me? I said, "Lord, have mercy on me!
Heal me because I have sinned against you."
My enemies speak maliciously about me:
"When will he die and his name disappear?"
Whenever they come to visit, they say nothing of
value.
Their hearts collect evil gossip;
once they leave, they tell it to everybody.
All of those who hate me talk about me, whispering to
each other,
plotting evil against me:
"Some horrible thing has been poured into him;
the next time he lies down, he won't get up."
Even my good friend,
the one I trusted,

who shared my food,
has kicked me with his heel—a betrayer!
But you, Lord, please have mercy on me and lift me up
so I can pay them back!
Then I'll know you are pleased with me
because my enemy won't be shouting in triumph
over me.
You support me in my integrity;
you put me in your presence forever.
Bless the Lord, the God of Israel,
from forever to forever!
Amen and Amen!

Psalm 46

God is our refuge and strength,
a help always near in times of great trouble.
That's why we won't be afraid when the world falls
apart,
when the mountains crumble into the center of the
sea,
when its waters roar and rage,
when the mountains shake because of its surging
waves.
There is a river whose streams gladden God's city,
the holiest dwelling of the Most High.
God is in that city. It will never crumble.
God will help it when morning dawns.
Nations roar; kingdoms crumble.
God utters his voice; the earth melts.
The Lord of heavenly forces is with us!
The God of Jacob is our place of safety.
Come, see the Lord's deeds,
what devastation he has imposed on the earth—
bringing wars to an end in every corner of the world,
breaking the bow and shattering the spear,
burning chariots with fire.

“That's enough! Now know that I am God!
I am exalted among all nations; I am exalted
throughout the world!”
The Lord of heavenly forces is with us!
The God of Jacob is our place of safety.

Psalm 121

I raise my eyes toward the mountains.
Where will my help come from?
My help comes from the Lord,
the maker of heaven and earth.
God won't let your foot slip.
Your protector won't fall asleep on the job.
No! Israel's protector
never sleeps or rests!
The Lord is your protector;
the Lord is your shade right beside you.
The sun won't strike you during the day;
neither will the moon at night.
The Lord will protect you from all evil;
God will protect your very life.
The Lord will protect you on your journeys—
whether going or coming—
from now until forever from now.

Scripture Reading Ephesians 2:13-18, KNT

“But now, in King Jesus, you have been
brought near in the king's blood—yes, you who used
to be a long way away! He is our peace, you see. He
has made the two to be one. He has pulled down the
barrier, the dividing wall, that turns us into enemies of
each other. He has done this in his flesh, by abolishing
the law with its commands and instructions. The point
of doing all this was to create, in him, one new human
being out of the two, so making peace. God was

reconciling both of us to himself in a single body, through the cross, by killing the enmity in him. So the Messiah came and gave the good news. Peace had come! Peace, that is, for those of you who were a long way away, and peace, too, for those who were close at hand. Through him, you see, you both have access to the father in the one spirit.”

Prayers of Thanksgiving and Intercession

To you, O Lord, I lift my soul.
O God, in you I trust.

Merciful God, we praise you that you give strength for every weakness, forgiveness for our failures, and new beginnings in Jesus Christ. Especially we thank you for

- the guidance of your spirit through this day...
- signs of new life and hope...
- people who have helped us...
- those who struggle for justice...
- expressions of love unexpected or undeserved...

Mighty God, you know all needs before we speak our prayers, yet you welcome our concerns for others in Christ Jesus. Especially we pray for

- those who keep watch over the sick and dying...
- those who weep with the grieving...
- those who are without faith and cannot accept your love...
- those who are lonely, distressed or weak...
- Reformed, Presbyterian, and Lutheran churches...

We include those from the “Serving our Country,” and “Shut ins” portion of our Friday Prayer Chain...

Our Father...

Abide with us, O Lord,
for evening comes and day is almost over.
Abide with us,
for the days are hastening on
and we hasten with them.
Abide with us and with all your faithful people,
until the daystar rises and the morning light appears,
and we shall abide with you forever.
Amen.

*May the Lord bless us,
grant us a peaceful night,
and a perfect rest.
Amen.*

References:

Psalms from CEB; Prayers from BCW; Scripture reading from Kingdom New Testament, trans. NT Wright