

Week One + Monday 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 119: τ

My life is stuck in the dirt.

Now make me live again according to your promise!

I confessed my ways and you answered me.

Now teach me your statutes!

Help me understand what your precepts are about
so I can contemplate your wondrous works!

My spirit sags because of grief.

Now raise me up according to your promise!

Remove all false ways from me;

show mercy to me by means of your Instruction.

I've chosen the way of faithfulness;

I'm set on your rules.

I'm holding tight to your laws, Lord.

Please don't let me be put to shame.

I run the same path as your commandments

because you give my heart insight.

Psalm 95

Come, let's sing out loud to the Lord!

Let's raise a joyful shout to the rock of our salvation!

Let's come before him with thanks!

Let's shout songs of joy to him!

The Lord is a great God,

the great king over all other gods.

The earth's depths are in his hands;

the mountain heights belong to him;

the sea, which he made, is his

along with the dry ground,

which his own hands formed.

Come, let's worship and bow down!

Let's kneel before the Lord, our maker!

He is our God,

and we are the people of his pasture,

the sheep in his hands.

If only you would listen to his voice right now!

"Don't harden your hearts

like you did at Meribah,

like you did when you were at Massah,

in the wilderness,

when your ancestors tested me

and scrutinized me,

even though they had already seen my acts.

For forty years I despised that generation;

I said, 'These people have twisted hearts.

They don't know my ways.'

So in anger I swore:

'They will never enter my place of rest!'"

Psalm 101

Oh, let me sing about faithful love and justice!

I want to sing my praises to you, Lord!

I want to study the way of integrity—

how long before it gets here?

I will walk with a heart of integrity
in my own house.
I won't set my eyes on anything worthless.

I hate wrongdoing;
none of that will stick to me.
A corrupt heart will be far from me.
I won't be familiar with evil.

I will destroy anyone
who secretly tells lies about a neighbor.
I can't stomach anyone
who has proud eyes or an arrogant heart.

My eyes focus on those
who are faithful in the land,
to have them close to me.
The person who walks without blame
will work for me.

But the person who acts deceitfully
won't stay in my house.
The person who tells lies
won't last for long before me.

Every morning I will destroy
all those who are wicked in the land
in order to eliminate all evildoers
from the Lord's city.

Psalm 123

I raise my eyes to you—
you who rule heaven.

Just as the eyes of servants attend to their masters'
hand,

just as the eyes of a female servant attends to her
mistress' hand—
that's how our eyes attend to the Lord our God
until he has mercy on us.

Have mercy on us, Lord! Have mercy
because we've had more than enough shame.
We've had more than enough mockery from the self-
confident,
more than enough shame from the proud.

Psalm 124

If the Lord hadn't been for us—
let Israel now repeat!—
if the Lord hadn't been for us,
when those people attacked us
then they would have swallowed us up whole
with their rage burning against us!

Then the waters would have drowned us;
the torrent would have come over our necks;
then the raging waters would have come over our
necks!

Bless the Lord
because he didn't hand us over
like food for our enemies' teeth!
We escaped like a bird from the hunters' trap;

The trap was broken so we escaped!
Our help is in the name of the Lord,
the maker of heaven and earth.

Psalm 86

Lord, listen closely to me and answer me,
because I am poor and in need.

Guard my life because I am faithful.
Save your servant who trusts in you—you! My God!

Have mercy on me, Lord,
because I cry out to you all day long.
Make your servant's life happy again
because, my Lord, I offer my life to you,

because, my Lord, you are good and forgiving,
full of faithful love for all those who cry out to you.
Listen closely to my prayer, Lord;
pay close attention to the sound of my requests for
mercy.

Whenever I am in trouble, I cry out to you,
because you will answer me.
My Lord! There is no one like you among the gods!
There is nothing that can compare to your works!

All the nations that you've made will come
and bow down before you, Lord;
they will glorify your name,
because you are awesome
and a wonder-worker.
You are God. Just you.

Teach me your way, Lord,
so that I can walk in your truth.
Make my heart focused
only on honoring your name.

I give thanks to you, my Lord, my God,
with all my heart,
and I will glorify your name forever,
because your faithful love toward me is awesome
and because you've rescued my life

from the lowest part of hell.

The arrogant rise up against me, God.
A gang of violent people want me dead.
They don't give a thought for you.

But you, my Lord,
are a God of compassion and mercy;
you are very patient and full of faithful love.
Come back to me! Have mercy on me!

Give your servant your strength;
save this child of your servant!
Show me a sign of your goodness
so that those who hate me will see it and be put to
shame—
show a sign that you, Lord,
have helped me and comforted me.

Scripture Reading

1 John 3:1-3

What marvelous love the Father has extended to us! Just look at it—we're called children of God! That's who we really are. But that's also why the world doesn't recognize us or take us seriously, because it has no idea who he is or what he's up to. But friends, that's exactly who we are: children of God. And that's only the beginning. Who knows how we'll end up! What we know is that when Christ is openly revealed, we'll see him—and in seeing him, become like him. All of us who look forward to his Coming stay ready, with the glistening purity of Jesus' life as a model for our own.

Prayers of Thanksgiving and Intercession

To you, O Lord, I lift up my soul.

O God, in you I trust

We rejoice in your generous goodness, O God, and celebrate your lavish gifts to us this day, for you have shown your love in giving Jesus Christ for the salvation of the world.

Especially we give you thanks for

- the labors of those who have served us today...
- friends with whom we have shared...
- those whom we love and who have loved us...
- opportunities for our work to help others...
- all beauty that delights us...

Gracious God, we know you are close to all in need, and by our prayers for others we come closer to you.

We are bold to claim for others your promises of new life in Jesus Christ, as we claim them for our selves.

Especially we pray for

- those in dangerous occupations...
- physicians and nurses...
- those who are ill or confined to nursing homes...
- those who mourn...
- the Roman Catholic Church...

(Include additional persons from the "Praise reports, In the Hospital, and Rehab" portion of our Friday prayer chain)

Our Father...

Great God, you are one,
and you bring together what is scattered
and mend what is broken.

Unite us with the scattered peoples of the earth
that we may be one family of your children.

Bind up all our wounds,
and heal us in spirit,
that we may be renewed as disciples
of Jesus Christ, our Master and Savior.
Amen.

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

References:

Psalms from the Common English Bible
First John reading from the Message, trans. Peterson Prayers from
Book of Common Worship