

## Week One + Saturday 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 119:3

Your word is a lamp before my feet  
and a light for my journey.  
I have sworn, and I fully mean it:  
I will keep your righteous rules.  
I have been suffering so much—  
Lord, make me live again according to your promise.  
Please, Lord, accept my spontaneous gifts of praise.  
Teach me your rules!  
Though my life is constantly in danger,  
I won't forget your Instruction.  
Though the wicked have set a trap for me,  
I won't stray from your precepts.  
Your laws are my possession forever  
because they are my heart's joy.  
I have decided to keep your statutes forever, every last  
one.

### Psalm 4

Answer me when I cry out, my righteous God!  
Set me free from my troubles!  
Have mercy on me!  
Listen to my prayer!

How long, you people,  
will my reputation be insulted?  
How long will you continue  
to love what is worthless  
and go after lies?

Know this: the Lord takes  
personal care of the faithful.  
The Lord will hear me  
when I cry out to him.

So be afraid, and don't sin!  
Think hard about it in your bed  
and weep over it!  
Bring righteous offerings,  
and trust the Lord!

Many people say,  
"We can't find goodness anywhere.  
The light of your face has left us, Lord!"

But you have filled my heart with more joy  
than when their wheat and wine are everywhere!

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

### Psalm 141

I cry out to you, Lord: Come to me—quickly!  
Listen to my voice when I cry out to you!  
Let my prayer stand before you like incense;  
let my uplifted hands be like the evening offering.

Set a guard over my mouth, Lord;  
keep close watch over the door that is my lips.

Don't let my heart turn aside to evil things  
so that I don't do wicked things with evildoers,  
so I don't taste their delicacies.

Instead, let the righteous discipline me;  
let the faithful correct me!  
Let my head never reject that kind of fine oil,  
because my prayers are always against the deeds of  
the wicked.

Their leaders will fall from jagged cliffs,  
but my words will be heard because they are  
pleasing.  
Our bones have been scattered at the mouth of the  
grave,  
just like when the ground is broken up and plowed.

But my eyes are on you, my Lord God.  
I take refuge in you; don't let me die!  
Protect me from the trap they've set for me;  
protect me from the snares of the evildoers.

Let the wicked fall into their own nets—all together!—  
but let me make it through safely.

### **Psalm 150**

Praise the Lord!  
Praise God in his sanctuary!  
Praise God in his fortress, the sky!  
Praise God in his mighty acts!  
Praise God as suits his incredible greatness!

Praise God with the blast of the ram's horn!  
Praise God with lute and lyre!  
Praise God with drum and dance!  
Praise God with strings and pipe!

Praise God with loud cymbals!  
Praise God with clashing cymbals!  
Let every living thing praise the Lord!  
Praise the Lord!

### **Psalm 147**

Praise the Lord!  
Because it is good to sing praise to our God!  
Because it is a pleasure to make beautiful praise!

The Lord rebuilds Jerusalem, gathering up Israel's  
exiles.  
God heals the brokenhearted  
and bandages their wounds.  
God counts the stars by number,  
giving each one a name.

Our Lord is great and so strong!  
God's knowledge can't be grasped!  
The Lord helps the poor,  
but throws the wicked down on the dirt!  
Sing to the Lord with thanks;  
sing praises to our God with a lyre!

God covers the skies with clouds;  
God makes rain for the earth;  
God makes the mountains sprout green grass.  
God gives food to the animals—  
even to the baby ravens when they cry out.

God doesn't prize the strength of a horse;  
God doesn't treasure the legs of a runner.  
No. The Lord treasures the people  
who honor him,  
the people who wait for his faithful love.

Worship the Lord, Jerusalem!  
Praise your God, Zion!  
Because God secures the bars on your gates,  
God blesses the children you have there.  
God establishes your borders peacefully.  
God fills you full with the very best wheat.

God issues his command to the earth—  
God's word speeds off fast!  
God spreads snow like it was wool;  
God scatters frost like it was ashes;

God throws his hail down like crumbs—  
who can endure God's freezing cold?  
Then God issues his word and melts it all away!  
God makes his winds blow;  
the water flows again.

God proclaims his word to Jacob;  
his statutes and rules to Israel.  
God hasn't done that with any other nation;  
those nations have no knowledge of God's rules.  
Praise the Lord!

### **Psalm 148**

Praise the Lord!  
Praise the Lord from heaven!  
Praise God on the heights!  
Praise God, all of you who are his messengers!  
Praise God, all of you who comprise his heavenly  
forces!

Sun and moon, praise God!  
All of you bright stars, praise God!  
You highest heaven, praise God!

Do the same, you waters that are above the sky!

Let all of these praise the Lord's name  
because God gave the command and they were  
created!  
God set them in place always and forever.  
God made a law that will not be broken.

Praise the Lord from the earth,  
you sea monsters and all you ocean depths!  
Do the same, fire and hail, snow and smoke,  
stormy wind that does what God says!

Do the same, you mountains, every single hill,  
fruit trees, and every single cedar!  
Do the same, you animals—wild or tame—  
you creatures that creep along and you birds that fly!

Do the same, you kings of the earth and every single  
person,  
you princes and every single ruler on earth!  
Do the same, you young men—young women too!—  
you who are old together with you who are young!

Let all of these praise the Lord's name  
because only God's name is high over all.  
Only God's majesty is over earth and heaven.

God raised the strength of his people,  
the praise of all his faithful ones—  
that's the Israelites,  
the people who are close to him.  
Praise the Lord!

## Scripture Reading

**Romans 8:38-39, NRSV**

“I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

## Prayers of Thanksgiving and Intercession

Let my prayer rise before you as incense,

**The lifting of my hands as an evening sacrifice.**

God of glory, we praise you for your presence in our lives, and for all goodness that you shower upon your children in Jesus Christ. Especially we thank you for  
—promises kept and hope for tomorrow...  
—the enjoyment of friends...  
—the wonders of your creation...  
—love from our parents, our sisters and brothers, our spouses and children...  
—pleasures of living...

God of grace, we are one with all your children, for we are sisters and brothers of Jesus Christ, and we offer our prayers for all whom we love. Especially we pray for  
—those we too often forget...  
—people who have lost hope...  
—victims of tragedy and disaster...  
—those who suffer mental anguish...  
—ecumenical councils and church agencies...

We remember the “All others who could benefit from our prayers” and “prayers for upcoming events and the leaders” portions of our Friday prayer chain...

## Our Father...

Protect your people, O God,  
and keep us safe  
until the coming of your new dawn  
and the establishment of your righteous rule.  
By your Holy Spirit,  
stir up within us a longing  
for the light of your new day,  
and guide us by the radiance of Jesus Christ  
your Son, our risen Lord.  
Amen.

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

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### **References:**

Psalms from CEB  
Scripture from New Revised Standard Version  
Prayers from BCW