

## Week Two + Thursday 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 30

I exalt you, Lord, because you pulled me up;  
you didn't let my enemies celebrate over me.  
Lord, my God, I cried out to you for help,  
and you healed me.  
Lord, you brought me[a] up from the grave,[b]  
brought me back to life from among those going  
down to the pit.  
You who are faithful to the Lord,  
sing praises to him;  
give thanks to his holy name!  
His anger lasts for only a second,  
but his favor lasts a lifetime.  
Weeping may stay all night,  
but by morning, joy!  
When I was comfortable, I said,  
"I will never stumble."  
Because it pleased you, Lord,  
you made me a strong mountain.  
But then you hid your presence.  
I was terrified.  
I cried out to you, Lord.  
I begged my Lord for mercy:  
"What is to be gained by my spilled blood,  
by my going down into the pit?"

Does dust thank you?

Does it proclaim your faithfulness?

Lord, listen and have mercy on me!

Lord, be my helper!"

You changed my mourning into dancing.

You took off my funeral clothes

and dressed me up in joy

so that my whole being

might sing praises to you and never stop.

Lord, my God, I will give thanks to you forever.

### Psalm 72

God, give your judgments to the king.  
Give your righteousness to the king's son.  
Let him judge your people with righteousness  
and your poor ones with justice.  
Let the mountains bring peace to the people;  
let the hills bring righteousness.  
Let the king bring justice to people who are poor;  
let him save the children of those who are needy,  
but let him crush oppressors!  
Let the king live as long as the sun,  
as long as the moon,  
generation to generation.  
Let him fall like rain upon fresh-cut grass,  
like showers that water the earth.  
Let the righteous flourish throughout their lives,  
and let peace prosper until the moon is no more.  
Let the king rule from sea to sea,  
from the river to the ends of the earth.  
Let the desert dwellers bow low before him;  
let his enemies lick the dust.  
Let the kings of Tarshish and the islands bring tribute;  
let the kings of Sheba and Seba present gifts.  
Let all the kings bow down before him;  
let all the nations serve him.

Let it be so, because he delivers the needy who cry out,  
the poor, and those who have no helper.  
He has compassion on the weak and the needy;  
he saves the lives of those who are in need.  
He redeems their lives from oppression and violence;  
their blood is precious in his eyes.  
Let the king live long!  
Let Sheba's gold be given to him!  
Let him be prayed for always!  
Let him be blessed all day long!  
Let there be abundant grain in the land.  
Let it wave on the mountaintops.  
Let its fruit flourish like Lebanon.  
Let it thrive like grass on the land.  
Let the king's name last forever.  
Let his name endure as long as the sun.  
Let all the nations be blessed through him and call him happy.  
Bless the Lord God, the God of Israel—  
the only one who does wondrous things!  
Bless God's glorious name forever;  
let his glory fill all the earth!  
Amen and Amen!  
The prayers of David, Jesse's son, are ended.

### **Psalm 32**

The one whose wrongdoing is forgiven,  
whose sin is covered over, is truly happy!  
The one the Lord doesn't consider guilty—  
in whose spirit there is no dishonesty—  
that one is truly happy!  
When I kept quiet, my bones wore out;  
I was groaning all day long—  
every day, every night!—  
because your hand was heavy upon me.

My energy was sapped as if in a summer drought.  
So I admitted my sin to you;  
I didn't conceal my guilt.  
"I'll confess my sins to the Lord," is what I said.  
Then you removed the guilt of my sin.  
That's why all the faithful should pray to you during troubled times,  
so that a great flood of water won't reach them.  
You are my secret hideout!  
You protect me from trouble.  
You surround me with songs of rescue!  
I will instruct you and teach you  
about the direction you should go.  
I'll advise you and keep my eye on you.  
Don't be like some senseless horse or mule,  
whose movement must be controlled  
with a bit and a bridle.  
Don't be anything like that!  
The pain of the wicked is severe,  
but faithful love surrounds the one who trusts the Lord.  
You who are righteous, rejoice in the Lord and be glad!  
All you whose hearts are right, sing out in joy!

### **Psalm 33**

All you who are righteous,  
shout joyfully to the Lord!  
It's right for those who do right to praise God.  
Give thanks to the Lord with the lyre!  
Sing praises to him with the ten-stringed harp!  
Sing to him a new song!  
Play your best with joyful shouts!  
Because the Lord's word is right,  
his every act is done in good faith.  
He loves righteousness and justice;  
the Lord's faithful love fills the whole earth.

The skies were made by the Lord's word,  
all their starry multitude by the breath of his mouth.  
He gathered the ocean waters into a heap;  
he put the deep seas into storerooms.  
All the earth honors the Lord;  
all the earth's inhabitants stand in awe of him.  
Because when he spoke, it happened!  
When he commanded, there it was!  
The Lord overrules what the nations plan;  
he frustrates what the peoples intend to do.  
But the Lord's plan stands forever;  
what he intends to do lasts from one generation to  
the next.  
The nation whose God is the Lord,  
the people whom God has chosen as his  
possession,  
is truly happy!  
The Lord looks down from heaven;  
he sees every human being.  
From his dwelling place God observes  
all who live on earth.  
God is the one who made all their hearts,  
the one who knows everything they do.  
Kings aren't saved by the strength of their armies;  
warriors aren't rescued by how much power they  
have.  
A warhorse is a bad bet for victory;  
it can't save despite its great strength.  
But look here: the Lord's eyes watch all who honor  
him,  
all who wait for his faithful love,  
to deliver their lives from death  
and keep them alive during a famine.  
We put our hope in the Lord.  
He is our help and our shield.  
Our heart rejoices in God

because we trust his holy name.  
Lord, let your faithful love surround us  
because we wait for you.

### **Psalm 58**

Do you really speak what is right, you gods?  
Do you really judge humans fairly?  
No: in your hearts you plan injustice;  
your hands do violence on the earth.  
The wicked backslide from the womb;  
liars go astray from birth.  
Their venom is like a snake's venom—  
like a deaf cobra's—one that shuts its ears  
so it can't hear the snake charmer's voice  
or the spells of a skillful enchanter.  
God, break their teeth out of their mouths!  
Tear out the lions' jawbones, Lord!  
Let them dissolve like water flowing away.  
When they bend the bow,  
let their arrows be like headless shafts.  
Like the snail that dissolves into slime,  
like a woman's stillborn child,  
let them never see the sun.  
Before your pots feel the thorns,  
whether green or burned up,  
God will sweep them away!  
But the righteous will rejoice when they see vengeance  
done,  
when they wash their feet in the blood of the wicked.  
Then it will be said:  
"Yes, there is a reward for the righteous!  
Yes, there is a God who judges people on the earth."

### **Psalm 99**

The Lord rules—  
the nations shake!

He sits enthroned on the winged heavenly creatures  
 —  
 the earth quakes!  
 The Lord is great in Zion;  
 he is exalted over all the nations.  
 Let them thank your great and awesome name.  
 He is holy!  
 Strong king who loves justice,  
 you are the one who established what is fair.  
 You worked justice and righteousness in Jacob.  
 Magnify the Lord, our God!  
 Bow low at his footstool!  
 He is holy!  
 Moses and Aaron were among his priests,  
 Samuel too among those who called on his name.  
 They cried out to the Lord, and he himself answered  
 them—  
 he spoke to them from a pillar of cloud.  
 They kept the laws and the rules God gave to them.  
 Lord our God, you answered them.  
 To them you were a God who forgives  
 but also the one who avenged their wrong deeds.  
 Magnify the Lord our God!  
 Bow low at his holy mountain  
 because the Lord our God is holy!

**Scripture Reading**                      **1 Cor 11:23-26, MSG**

“Let me go over with you again exactly what goes on in the Lord’s Supper and why it is so centrally important. I received my instruction from the Master himself and passed them on to you. The Master, Jesus, on the night of his betrayal, took bread. Having given thanks, he broke it and said, ‘This is my body, broken for you. Do this to remember me.’ After supper, he did the same thing with the cup. ‘This cup is my blood, my new covenant with you. Each time

you drink this cup, remember me.’ What you must solemnly realize is that every time you eat this bread and every time you drink this cup, you reenact in your words and actions the death of the Master. You will be drawn back to this meal again and again until the Master returns.”

**Prayers of Thanksgiving and Intercession**

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

We give you our praise and thanks, O God, for all gifts of love we have received from you, and for your persistent mercy in Jesus Christ. Especially we thank you for  
 —work we have accomplished pleasing to you...  
 —the faithful witness of Christian people...  
 —the example of righteousness we see in parents and teachers...  
 —the innocence and openness we see in children...  
 —all works of compassion...

We give you our cares and concerns, O God, because we know you are kind and care for your children in every circumstance. Especially we pray for  
 —those who struggle with doubt and despair...  
 —people afflicted with disease...  
 —those called to special ministries...  
 —people neglected or abused...  
 —Baptist, Disciples of Christ, and other free churches...

*(Include additional persons from “Our Heartfelt Sympathies” portion of our Friday prayer chain)*

## **Our Father...**

To you, O God  
we give up the burdens of this day,  
trusting your love and mercy.  
To you, O God,  
we surrender ourselves,  
trusting our risen Lord to lead us always  
in the way of peace,  
today, tomorrow, and forever.  
Amen

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

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### **References:**

Psalms from CEB; Prayers from BCW; Scripture reading from The Message