

## Week One + Wednesday 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: 1

Remember your promise to your servant,  
for which you made me wait.  
My comfort during my suffering is this:  
your word gives me new life.  
The arrogant make fun of me to no end,  
but I haven't deviated from your Instruction.  
When I remember your ancient rules,  
I'm comforted, Lord.  
But I'm seized with anger because of the wicked—  
because of those who abandon your Instruction.  
Your statutes have been my songs of praise  
wherever I lived as an immigrant.  
Lord, I remember your name at nighttime,  
and I keep your Instruction.  
This has been my practice  
because I guard your precepts.

### Psalm 67

Let God grant us grace and bless us;  
let God make his face shine on us,  
so that your way becomes known on earth,

so that your salvation becomes known among all the  
nations.

Let the people thank you, God!  
Let all the people thank you!

Let the people celebrate  
and shout with joy  
because you judge the nations fairly  
and guide all nations on the earth.

Let the people thank you, God!  
Let all the people thank you!

The earth has yielded its harvest.  
God blesses us—our God blesses us!  
Let God continue to bless us;  
let the far ends of the earth honor him.

### Psalm 126

When the Lord changed Zion's circumstances for the  
better,  
it was like we had been dreaming.  
Our mouths were suddenly filled with laughter;  
our tongues were filled with joyful shouts.

It was even said, at that time, among the nations,  
"The Lord has done great things for them!"  
Yes, the Lord has done great things for us,  
and we are overjoyed.

Lord, change our circumstances for the better,  
like dry streams in the desert waste!  
Let those who plant with tears  
reap the harvest with joyful shouts.

Let those who go out,  
crying and carrying their seed,  
come home with joyful shouts,  
carrying bales of grain!

**Psalm 127**

Unless it is the Lord who builds the house,  
the builders' work is pointless.  
Unless it is the Lord who protects the city,  
the guard on duty is pointless.

It is pointless that you get up early and stay up late,  
eating the bread of hard labor  
because God gives sleep to those he loves.

No doubt about it: children are a gift from the Lord;  
the fruit of the womb is a divine reward.  
The children born when one is young  
are like arrows in the hand of a warrior.

The person who fills a quiver full with them is truly  
happy!  
They won't be ashamed when arguing with their  
enemies in the gate.

**Psalm 31**

I take refuge in you, Lord.  
Please never let me be put to shame.  
Rescue me by your righteousness!  
Listen closely to me!  
Deliver me quickly;  
  
be a rock that protects me;  
be a strong fortress that saves me!  
You are definitely my rock and my fortress.

Guide me and lead me for the sake of your good  
name!

Get me out of this net that's been set for me  
because you are my protective fortress.  
I entrust my spirit into your hands;  
you, Lord, God of faithfulness—  
you have saved me.  
I hate those who embrace what is completely  
worthless.  
I myself trust the Lord.

I rejoice and celebrate in your faithful love  
because you saw my suffering—  
you were intimately acquainted with my deep  
distress.  
You didn't hand me over to the enemy,  
but set my feet in wide-open spaces.

Have mercy on me, Lord, because I'm depressed.  
My vision fails because of my grief,  
as do my spirit and my body.

My life is consumed with sadness;  
my years are consumed with groaning.  
Strength fails me because of my suffering;  
my bones dry up.

I'm a joke to all my enemies,  
still worse to my neighbors.  
I scare my friends,  
and whoever sees me in the street runs away!

I am forgotten, like I'm dead,  
completely out of mind;  
I am like a piece of pottery, destroyed.

Yes, I've heard all the gossiping,  
terror all around;  
so many gang up together against me,  
they plan to take my life!

But me? I trust you, Lord!  
I affirm, "You are my God."  
My future is in your hands.  
Don't hand me over to my enemies,  
to all who are out to get me!

Shine your face on your servant;  
save me by your faithful love!  
Lord, don't let me be put to shame  
because I have cried out to you.  
Let the wicked be put to shame;  
let them be silenced in death's domain!

Let their lying lips be shut up  
whenever they speak arrogantly  
against the righteous with pride and contempt!

How great is the goodness  
that you've reserved for those who honor you,  
that you commit to those who take refuge in you—  
in the sight of everyone!

You hide them in the shelter of your wings,  
safe from human scheming.  
You conceal them in a shelter,  
safe from accusing tongues.

Bless the Lord,  
because he has wondrously revealed  
his faithful love to me  
when I was like a city under siege!

When I was panicked, I said,  
"I'm cut off from your eyes!"  
But you heard my request for mercy  
when I cried out to you for help.

All you who are faithful, love the Lord!  
The Lord protects those who are loyal,  
but he pays the proud back to the fullest degree.  
All you who wait for the Lord,  
be strong and let your heart take courage.

### **Psalm 139**

Lord, you have examined me.  
You know me.  
You know when I sit down and when I stand up.  
Even from far away, you comprehend my plans.  
You study my traveling and resting.  
You are thoroughly familiar with all my ways.

There isn't a word on my tongue, Lord,  
that you don't already know completely.  
You surround me—front and back.  
You put your hand on me.  
That kind of knowledge is too much for me;  
it's so high above me that I can't fathom it.

Where could I go to get away from your spirit?  
Where could I go to escape your presence?  
If I went up to heaven, you would be there.  
If I went down to the grave, you would be there too!

If I could fly on the wings of dawn,  
stopping to rest only on the far side of the ocean—  
even there your hand would guide me;  
even there your strong hand would hold me tight!

If I said, "The darkness will definitely hide me;  
the light will become night around me,"  
even then the darkness isn't too dark for you!  
Nighttime would shine bright as day,  
because darkness is the same as light to you!

You are the one who created my innermost parts;  
you knit me together while I was still in my mother's  
womb.  
I give thanks to you that I was marvelously set apart.  
Your works are wonderful—I know that very well.

My bones weren't hidden from you  
when I was being put together in a secret place,  
when I was being woven together in the deep parts  
of the earth.

Your eyes saw my embryo,  
and on your scroll every day was written that was  
being formed for me,  
before any one of them had yet happened.

God, your plans are incomprehensible to me!  
Their total number is countless!  
If I tried to count them—they outnumber grains of  
sand!  
If I came to the very end—I'd still be with you.

If only, God, you would kill the wicked!  
If only murderers would get away from me—  
the people who talk about you, but only for wicked  
schemes;  
the people who are your enemies,  
who use your name as if it were of no  
significance.

Don't I hate everyone who hates you?  
Don't I despise those who attack you?  
Yes, I hate them—through and through!  
They've become my enemies too.

Examine me, God! Look at my heart!  
Put me to the test! Know my anxious thoughts!  
Look to see if there is any idolatrous way in me,  
then lead me on the eternal path!

**Scripture Reading                      Romans 11:33-36, NLT**

"Oh, how great are God's riches and wisdom and  
knowledge! How impossible it is for us to understand  
his decisions and his ways! 'For who can know the  
Lord's thoughts? Who knows enough to give him  
advice? And who has given him so much that he  
needs to pay it back?' For everything comes from him  
and exists by his power and is intended for his glory. All  
glory to him forever! Amen."

**Prayers of Thanksgiving and Intercession**

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

Give us your peace, O God, that we may rejoice in  
your goodness to us and to all your children, and be  
thankful for our love revealed in Jesus Christ.  
Especially we thank you for  
—people who reveal your truth and righteousness...  
—courage to be bold disciples...  
—those who show hospitality...  
—surprises that have blessed us...  
—the unity of the church of Jesus Christ...

Give us your peace, O God, that we may be confident  
of your care for us and all your children, as we  
remember the needs of others.

Especially we pray for

- friends and relatives who are far away...
- neighbors in special need...
- those who suffer hunger and thirst...
- those who work at night while others sleep...
- Episcopal and Methodist Churches...

*(Include additional persons from the “Friends of the  
Church family” portion of our Friday prayer chain)*

### **Our Father...**

God our shepherd,  
you have brought us through this day  
to a time of reflection and rest.  
Calm our souls,  
and refresh us with your peace.  
Keep us close to Christ  
and draw us closer to one another  
in the bonds of his wondrous love.  
We pray through Christ our Lord.

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

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### **References:**

*Psalms from CEB; Scripture reading from New Living Translation;  
Prayers from BCW.*