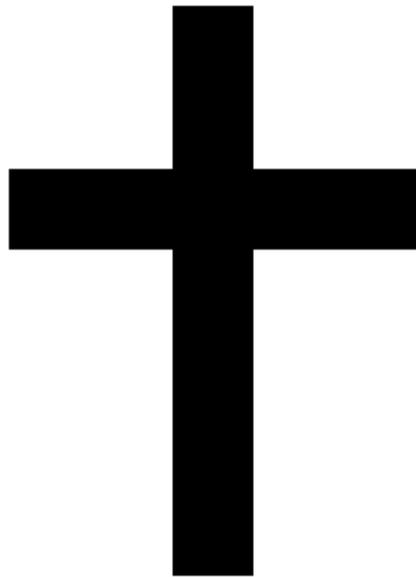


*Morning & Evening Prayer*

**LENT  
&  
HOLY WEEK**



*March 01 – April 15, 2017*

## How to Use This Booklet:

I challenge you to follow the Christian rhythm of beginning and ending each day with Bible reading and prayer.

In doing so, you will be joining believers around the world and throughout history – stretching all the way back to the prayer practices of ancient Israel.

**Twice a day** – in the morning and in the evening – take out this **booklet** and a **Bible**.

**Pray** through the prayers and **read** the Scriptures, **crossing-off** each reference after you've read the passage.

**Take your time.**

Even if you *don't feel like* praying or reading, **trust** that God will honor this sacrifice of your time. He will shape and bless you in ways you may not immediately notice.

If you can, pray and read with others – perhaps taking turns to read each passage aloud for the group.

If praying alone, no worries! Simply substitute “I” for “we” (and “me” for “us,” etc.) throughout these prayers.

## Opening: Meditate on These Verses

Repent, for the kingdom of heaven is at hand.

*Matthew 3:2*

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. *1 John 1:8-9*

## Confess Your Sins:

Almighty and most merciful Father,  
we have erred and strayed from your ways  
    like lost sheep.  
we have followed too much  
    the deceits and desires of our own hearts.  
we have offended against your holy laws.  
we have left undone  
    those things which we ought to have done,  
and we have done  
    those things which we ought not to have done;  
and apart from your grace, there is no health in us.  
O Lord, have mercy upon us.  
Spare those who confess their faults.  
Restore those who are penitent,  
    according to your promises  
    declared to all people in Christ Jesus our Lord;  
And grant, O most merciful Father, for his sake,  
that we may now live a godly, righteous, and sober life,  
    to the glory of your holy Name. *Amen.*

## Ask for Pardon & Peace:

Grant your faithful people, merciful Lord, pardon and peace; that we may be cleansed from all our sins, and serve you with a quiet mind; through Jesus Christ our Lord.  
*Amen.*

## Read Scripture:

*Verses in parentheses are optional additions.*

*Draw a line through each reference below after you read it.*

## In the Morning, Read:

	PSALMS	LESSON 1	LESSON 2
3/1	1 - 5	Isa. 57. 15-end	Mark 2. 13-22
3/2	9 - 11	Gen. 35. 1-20 (21-29)	Matt. 24. 29-end
3/3	15 - 17	Gen. 39	Matt. 25. 1-30
3/4	19 - 21	Gen. 41. 1-40	Matt. 25. 31-end
3/5	24 - 26	Gen. 13	Matt. 9. 1-17
3/6	30 - 31	Gen. 42	Matt. 26. 1-30
3/7	35 - 36	Gen. 44	Matt. 26. 31-56
3/8	38 - 40	Gen. 45. 16—46. 7	Matt. 26. 57-end
3/9	44 - 46	Gen. 47. 13-end	Matt. 27. 1-26
3/10	50 - 52	Gen. 49. 1-32	Matt. 27. 27-56
3/11	56 - 58	Exod. 1. 1-14, (15-21), 22—2. 10	Matt. 27. 57—28 end
3/12	62 - 64	Gen. 18. 1-15	Luke 15. 11-end
3/13	68	Exod. 2. 23—3 end	John 1. 1-28
3/14	71 - 72	Exod. 4. 27—6. 1	John 1. 29-end
3/15	75 - 77	Exod. 7. 8-end	John 2
3/16	79 - 81	Exod. 8. 20—9. 12	John 3. 1-21
3/17	86 - 88	Exod. 10. 1-20	John 3. 22-end
3/18	90 - 92	Exod. 12. 1-20	John 4. 1-26
3/19	95 - 97	Gen. 18. 16-end	Luke 18. 1-14
3/20	102 - 103	Exod. 12. 37-end	John 4. 27-end
3/21	105	Exod. 13. 17—14. 14	John 5. 1-23
3/22	107	Exod. 15. 1-26	John 5. 24-end
3/23	110 - 113	Exod. 17	John 6. 1-21
3/24	116 - 118	Exod. 19	John 6. 22-40
3/25	119:33-72	Exod. 22. (1-19) 20—23. 17	John 6. 41-end

3/26	119:105-144	Exod. 1. 8-14, 22—2. 10	Luke 18. 35—19. 10
3/27	120 - 125	Exod. 24	John 7. 1-24
3/28	132 - 135	Exod. (27) 28. 1-4, (5-28) 29-43	John 7. 25-end
3/29	139 - 140	Exod. (31) 32	John 8. 1-30
3/30	144 - 146	Exod. 35 (36)	John 8. 31-end
3/31	120 - 127	Exod. (39) 40. (1-16) 17-end	John 9
4/1	1 - 5	Lev. 19. 1-18, 30- end	John 10. 1-21
4/2	9 - 11	Exod. 2. 23—3. 20	Mark 10. 32-45
4/3	15 - 17	Num. 6	John 10. 22-end
4/4	19 - 21	Num. 11. 10-33	John 11. 1-44
4/5	24 - 26	Num. 13. 1-3,17- end	John 11. 45-end
4/6	30 - 31	Num. 16. 1-35	John 12. 1-19
4/7	35 - 36	Num. 20	John 12. 20-end
4/8	38 - 40	Num. 22. 36—23. 26	John 13
4/9	44 - 46	Exod. 11	Matt. 26
4/10	50 - 52	Hos. 13. 1-14	John 14. 1-14
4/11	56 - 58	Isa. 42. 1-9	John 15. 1-16
4/12	62 - 64	Num. 21. 4-9	John 16. 1-15
4/13	68	Lam. 1. 1-14	John 17
4/14	71 - 72	Gen. 22. 1-18	John 18. 1-32
4/15	75 - 77	Zech. 9. 9-12	1 Pet. 2. 11-end

## In the Morning, Meditate on The *Benedictus es, Domine*:

*Song of the Three Young Men, 29-34*

Glory to you, Lord God of our fathers;  
 you are worthy of praise; glory to you.  
 Glory to you for the radiance of your holy Name;  
 we will praise you and highly exalt you for ever.  
 Glory to you in the splendor of your temple;  
 on the throne of your majesty, glory to you.  
 Glory to you, seated between the Cherubim;  
 we will praise you and highly exalt you for ever.  
 Glory to you, beholding the depths;  
 in the high vault of heaven, glory to you.  
 Glory to the Father, and to the Son,  
 and to the Holy Spirit;  
 we will praise you and highly exalt you for ever.

## In The Evening, Read:

	PSALMS	LESSON 1	LESSON 2
3/1	6 - 8	Isa. 58	Heb. 3. 12—4. 13
3/2	12 - 14	Gen. 37 (38)	Rom. 14
3/3	18	Gen. 40	Rom. 15
3/4	22 - 23	Gen. 41. 41-end	Rom. 16
3/5	27 - 29	Gen. 8	Mark 14. 1-26
3/6	32 - 34	Gen. 43	Phil. 1
3/7	37	Gen. 45. 1-15	Phil. 2
3/8	41 - 43	Gen. 46. 26—47. 12	Phil. 3
3/9	47 - 49	Gen. 48	Phil. 4
3/10	53 - 55	Gen. 49. 33—50 end	Col. 1. 1-20
3/11	59 - 61	Exod. 2. 11-22	Col. 1. 21—2. 7
3/12	65 - 67	Gen. 9. 1-17 (& 11. 1-9)	Mark 14. 27-52
3/13	69 - 70	Exod. 4. 1-23 (24-26)	Col. 2. 8—3. 11
3/14	73 - 74	Exod. 6. 2-13 (14-30) & 7. 1-7	Col. 3. 12—4. 1
3/15	78	Exod. 8. 1-19	Col. 4. 2-end

3/16	82 - 85	Exod. 9. 13-end	Philemon
3/17	89	Exod. 10. 21—11 end	Eph. 1
3/18	93 - 94	Exod. 12. 21-36	Eph. 2
3/19	98 - 101	Gen. 24. 1-28	Mark 14. 53-end
3/20	104	Exod. 13. 1-16	Eph. 3
3/21	106	Exod. 14. 15-end	Eph. 4. 1-16
3/22	108 - 109	Exod. 15. 27—16. 36	Eph. 4. 17-30
3/23	114 - 115	Exod. 18	Eph. 4. 31—5. 21
3/24	119:1-32	Exod. 20. 1-21 (20.22—21.36)	Eph. 5. 22—6. 9
3/25	119:73-104	Exod. 23. (1-17) 18-end	Eph. 6. 10-end
3/26	119:145-176	Gen. 24. 29-end	Mark 15. 1-21
3/27	126 - 131	Exod. 25. 1-22 (25.23—26.37)	1 Tim. 1. 1-17
3/28	136 - 138	Exod. 29. (1-37) 38—30.16 (17-38)	1 Tim. 1. 18—2 end
3/29	141 - 143	Exod. 33, 34	1 Tim. 3
3/30	147 - 150	Exod. (37) 38	1 Tim. 4
3/31	128 - 134	Lev. 6. 8-end	1 Tim. 5
4/1	6 - 8	Lev. 25. 1-24	1 Tim. 6
4/2	12 - 14	Exod. 6. 2-13	Mark 15. 22-39
4/3	18	Num. 9. 15-end & 10. 29-end	Titus 1. 1—2. 8
4/4	22 - 23	Num. 12	Titus 2. 9—3 end
4/5	27 - 29	Num. 14. 1-25	2 Tim. 1
4/6	32 - 34	Num. 16. 36—17 end	2 Tim. 2
4/7	37	Num. 22. 1-35	2 Tim. 3
4/8	41 - 43	Num. 23. 27—24 end	2 Tim. 4
4/9	47 - 49	Isa. 52. 13—53 end	Luke 19. 29-end
4/10	53 - 55	Hos. 14	John 14. 15-end
4/11	59 - 61	Wisd. 2. 1 & 12-end	John 15. 17-end
4/12	65 - 67	Lev. 16. 2-24	John 16. 16-end
4/13	69 - 70	Lam. 3. 1-33	John 13. 1-35
4/14	73 - 74	Isa. 50. 4-10	John 19. 38-end
4/15	78	Job 19. 21-27	John 2. 13-22

**In the Evening, Meditate on The Song of Simeon (The *Nunc dimittis*):**

*Luke 2:29-32*

Lord, now let your servant depart in peace,  
according to your word.

For my eyes have seen your salvation,  
which you have prepared  
before the face of all people;  
to be a light to lighten the Gentiles,  
and to be the glory of your people Israel.

Glory to the Father, and to the Son,  
and to the Holy Spirit;  
as it was in the beginning, is now,  
and ever shall be,  
world without end. Amen.

## **Recite the Apostle's Creed:**

I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge  
the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. *Amen.*

## **Pray the Lord's Prayer:**

Our Father, who art in heaven,  
hallowed be thy Name.  
Thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. *Amen.*

### **From Mar 01 – Mar 4, Pray:**

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **From Mar 05 – Mar 11, Pray:**

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

### **From Mar 12 – Mar 18, Pray:**

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **From Mar 19 – Mar 25, Pray:**

Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. *Amen.*

## **From Mar 26 – Apr 01, Pray:**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

## **From Apr 02 – Apr 08, Pray:**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

## **On Sun, Apr 09, Pray:**

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon himself our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

## **On Mon, Apr 10, Pray:**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

## **On Tue, Apr 11, Pray:**

Lord our God, whose blessed Son our Savior gave his back to be whipped and did not hide his face from shame and spitting: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **On Wed, Apr 12, Pray:**

Assist us mercifully with your grace, Lord God of our salvation; that we may enter with joy upon the meditation of those mighty acts by which you have promised us life and immortality; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **On Thur, Apr 13, Pray:**

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **On Fri, Apr 14, Pray:**

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **On Sat, Apr 15, Pray:**

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; through Jesus Christ our Lord. *Amen.*

O God of the living, on this day your Son descended to the place of the dead: Look with kindness on all of us who wait in hope for liberation from the corruption of sin and death, and give us a share in the glory of the children of God, through Jesus Christ your Son, our Lord. *Amen.*

## **On Sat Night, before Easter, Pray:**

O God, who made this most holy night to shine with the glory of the Lord's resurrection: Stir up that Spirit of adoption which is given to your Church in Baptism, that we, being renewed both in body and mind, may worship you in sincerity and truth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. *Amen.*

## **In the Morning, Pray for Peace & Grace:**

O God, the author of peace and lover of concord,  
to know you is eternal life  
and to serve you is perfect freedom:  
Defend us, your humble servants,  
in all assaults of our enemies;  
that we, surely trusting in your defense,  
may not fear the power of any adversaries,  
through the might of Jesus Christ our Lord. *Amen.*

O Lord, our heavenly Father,  
almighty and everlasting God,  
you have brought us safely to the beginning of this day:  
Defend us by your mighty power,  
that we may not fall into sin nor run into any danger;  
and that guided by your Spirit,  
we may do what is righteous in your sight;  
through Jesus Christ our Lord. *Amen.*

## **In the Evening, Pray for Peace & Protection:**

O God, the source of all holy desires,  
all good counsels, and all just works:  
Give to your servants that peace  
which the world cannot give,  
that our hearts may be set  
to obey your commandments,  
and that we, being defended  
from the fear of our enemies,  
may pass our time in rest and quietness,  
through the merits of Jesus Christ our Savior. *Amen.*

Lighten our darkness, we beseech you, O Lord;  
and by your great mercy defend us  
from all perils and dangers of this night;  
for the love of your only Son, our Savior Jesus Christ. *Amen.*

## Pray for God's Global Mission:

O God and Father of all, whom the whole heavens adore: Let the whole earth also worship you, all nations obey you, all tongues confess and bless you, and men, women and children everywhere love you and serve you in peace; through Jesus Christ our Lord. *Amen.*

## Offer Petitions, Intercessions, & Thanksgivings:

- **Petitions:** Requests for yourself
- **Intercessions:** Requests for others
- **Thanksgivings:** Gratitude to God

## Give Thanks to God:

Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world  
by our Lord Jesus Christ;  
for the means of grace,  
and for the hope of glory.  
And, we pray,  
give us such an awareness of your mercies,  
that with truly thankful hearts  
we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you in holiness  
and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. *Amen.*

## **Ask God to Answer Your Prayers:**

Almighty God,  
you have given us grace at this time with one accord  
to make our common supplications to you;  
and you have promised  
through your well beloved Son  
that when two or three are gathered together  
in his name you will be in the midst of them:

Fulfill now, O Lord,  
our desires and petitions as may be best for us;  
granting us in this world knowledge of your truth,  
and in the age to come life everlasting. *Amen.*

## **Conclusion: Say “The Grace”**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore.  
*Amen.*