



Ten x 10

THE TEN 10 COLLABORATION

A

PRAYER GUIDE

FOR YOUTH LEADERS



Table of Contents

Introduction	ii
Strategy Summary	iv
SUNDAY	
<i>Morning Prayer</i>	1
<i>Midday Prayer</i>	4
<i>Evening Prayer</i>	7
MONDAY	
<i>Morning Prayer</i>	10
<i>Midday Prayer</i>	13
<i>Evening Prayer</i>	15
TUESDAY	
<i>Morning Prayer</i>	17
<i>Midday Prayer</i>	20
<i>Evening Prayer</i>	23
WEDNESDAY	
<i>Morning Prayer</i>	26
<i>Midday Prayer</i>	31
<i>Evening Prayer</i>	34
THURSDAY	
<i>Morning Prayer</i>	37
<i>Midday Prayer</i>	41
<i>Evening Prayer</i>	44
FRIDAY	
<i>Morning Prayer</i>	46
<i>Midday Prayer</i>	49
<i>Evening Prayer</i>	52
SATURDAY	
<i>Morning Prayer</i>	54
<i>Midday Prayer</i>	57
<i>Evening Prayer</i>	60

Introduction

For many years, the church has been concerned about young people drifting from the faith. As adults, we have wondered why young people leave, and how to keep them connected to both Jesus and the faith community. Youth leaders have often doubled down on what we've always done in hopes of reversing the trends.

But I believe there is another story unfolding.

A story of hope and trust that Jesus cares for young people more than we can imagine.

Through the TENx10 Collaboration, we recognize that perhaps our most important step in youth ministry is to dive deeply into what Jesus' invitation to "follow me" actually means.

Not just for young people but for those of us who are youth leaders.

As we entered a new millennium in the year 2000, a group of youth leaders began to think about what Jesus meant when he was teaching in the home of Mary and Martha (Luke 10:38–42). We confessed that we had mostly engaged in ministry like Martha—running around, taking care of details, making plans, executing programs to serve Jesus.

We began to explore and practice what it might look like to engage like Mary, who sat at the feet of Jesus in a posture of learning and loving. After all, it was Mary who was praised by Jesus as choosing "what is better, and it will not be taken away from her" (Luke 10:42).

Martha's frenetic, well-intentioned work and activity left her distracted. Mary's decision to sit with Jesus was the "better" thing.

As we searched through church history and tradition together, we discovered rich practices of prayer, Scripture engagement, and Christian formation that deepened our love for Jesus and ministry. Our youth ministry paradigm shifted. We began to

practice what it meant to sit at the feet of Jesus. We pursued and prioritized the importance of doing ministry not to youth, but with youth, out of the fullness and overflow of our own life with Jesus Christ.

For us, it started with prayer and contemplation. Prayer became more than a wish list, but an encounter with God in deep listening. Prayer and contemplation reoriented our thinking to understand that God is the one who transforms and that God cares about us and the young people in our lives.

In this prayer guide, my dear friends and associates Kara Root and Archie Honrado join me to provide some resources that invite you as a youth leader into prayer and contemplation. We don't want these prayer practices to be one more thing overwhelming your life.

Instead, we hope and pray that you take a step into a deeper loving relationship with our Lord Jesus Christ.

We hope that you will choose, like Mary, to do what is better.

Mike King

President and CEO of Youthfront

Kara Root

Pastor, Author, Spiritual Director

Archie Honrado

Spiritual Life Coach and Director

Strategy Summary

In our prayerful desire to help faith matter more for 10 million young people, TENx10 has adopted this strategy: **Empowered leaders and caring Christian adults focused on teenagers' identity, belonging, and purpose.**

This prayer guide does just that – **empowers you through prayer to be the leader God wants you to be so you can disciple teenagers differently.** As you ponder the timeless truths of Scripture, we look forward to hearing how God changes you and young people so that together we might change our world.

For more prayer guides and other resources to help you better love and serve young people, please visit TENx10.org.

SUNDAY

Morning Prayer

“Be still and know that I am God.” — Psalm 46:10

Begin with Breath Prayer

Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. (Your name for God or God's name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)

Breathe in: “I love you {God's name for you}.” {your name, my child, beloved, etc.}

Breathe out: “I love you {your name for God}.” {God, Jesus, Lord, Savior, etc.}

Let your soul rest a few minutes in God's presence

Opening Prayer¹

GENESIS 1:5

**There was evening, and there was morning,
another day.**

**Out of the stillness of the night, the new day is born
and earth's creatures awaken refreshed,
to begin again.**

**Without the night's stillness,
there could be no day's activity.**

**Out of my own rest
comes all work and creativity
that this day will hold.**

Scripture

PSALM 127: 1-2 (The Message)

**If God doesn't build the house,
the builders only build shacks.**

**If God doesn't guard the city,
the night watchman might as well nap.**

¹ “Out of Stillness” by Kara K. Root.

SUNDAY

It's useless to rise early and go to bed late,
and work your worried fingers to the bone.
Don't you know he enjoys
giving rest to those he loves?

Intercession²

The temptation is great, Lord, to jump into action.
My to-do list is long, my obligations this day are plenty.
It would be easy to forget that I serve you,
and not the other way around.

May I be led
not by my own desires,
not by the demands of others,
not by the world's pressures and expectations,
nor even my job's,
only by you.

By serving you alone,
I will share in the work that you are doing
in the lives of others,
and in the church and world that you love.

But if it becomes about me
– my strength, my ingenuity, my efforts –
then I am taking over your job,
for which I am woefully underqualified.

May your Spirit who hovered over the waters of creation
hover over me this day.
May nothing I do today come from my own striving,
but from your abundant life in me, and your Spirit moving through me.

When I lose sight of you,
help me return to my starting point,
Begin me again where the day begins – in rest and trust.

² "Prayer of Reorientation" by Kara K. Root.

SUNDAY

**That all I do today
may flow not from my full agenda, fragile ego, or lofty goals
but from the energy of your Holy Spirit.**

God, I place in your capable hands...

Lift up the needs, hopes, grief and longings of your own life, those you love, the ministry you share in, and the world, to God.

“Find rest, O my soul, in God alone. My hope comes from him.” — Psalm 62:5

Silence

Closing Prayer

**When I seek busyness instead of fullness,
help me be still and know that you are God.
May my soul find rest in you alone, O God,
for my hope comes from you.**

**I begin today by surrendering to you
this day and all my plans for it. Amen.**

SUNDAY

Midday Prayer

In the Name of the Father, the Son, and the Holy Spirit . . .

Call to Prayer

Come among us, living Lord, we come to hear your living Word. We meet together in the name of Christ to share your mission and your sacrifice; to receive the power that only you can give, that we might live! Come fill this time of prayer.

The Presence of God

I pause for a moment and reflect on God's life-giving presence in every part of my body, in everything around me, in the whole of my life.

Declaration of Faith

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, 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, he is seated at the right hand of the Father, and he will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic (or universal) church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

— The Apostle's Creed

Scripture

MATTHEW 11:28-30 (The Message)

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

SUNDAY

Silence

Specific Prayers

Personal prayers; prayers for the young people you serve; prayers for your church; prayers for your community...

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. 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.

Reflection

Take time to breathe deeply. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. Rest, rest, rest in Christ...

Prayer of the Church

**Lord, you have always given bread for the coming day;
and though I am poor; today I believe.**

**Lord, you have always given strength for the coming day;
and though I am weak, today I believe.**

**Lord, you have always given peace for the coming day;
and though of anxious heart, today I believe.**

**Lord, you have always kept me safe in trials; and now,
tired as I am, today I believe.**

**Lord, you have always marked the road for the coming day;
and though it may be hidden, today I believe.**

Lord, you have always lightened this darkness of mine;

SUNDAY

**and though the night is here, today I believe.
Lord, you have always spoken when time was ripe;
and though you be silent now, today I believe.
Amen**

— From the Northumbria Community

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, it is now and shall be, forever and ever. Alleluia. Amen.

— The Gloria Patri

SUNDAY

Evening Prayer

Begin with Breath Prayer

Take a deep slow breath while reciting the breath prayer:

Breathe in: **In You O Lord,**

Breathe out: **I move and live, and have my being.**

(repeat 3x)

Silence

Imaginative Prayer

PRAYING WITH LAZARUS

Imagine Lazarus asleep,

Imagine Lazarus dead.

(hold silence)

Meditation

JOHN 11:11-14 (NIV)

After he had said this, he went on to tell them,

“Our friend Lazarus has fallen asleep;

But I am going there to wake him up.”

His disciples replied,

“Lord, if he sleeps, he will get better.”

Jesus had been speaking of his death,

But his disciples thought he meant natural sleep.

So then he told them plainly,

“Lazarus is dead, And for your sake I am glad I was not there,

So that you may believe.

But let us go to him.”

Dead or asleep, Lazarus is in the tomb wrapped in burial linen.

Imagine what symbol or metaphor this could be for you.

(hold silence)

SUNDAY

Wrapped in burial linen imagine it as a symbol of your vices, sins, wounds, hurts, trauma, then, look at what your day was like today. What stress, worry, anger or temptation did you encounter, committed consciously or omitted naively?

Are you being invited into confession?

Thanksgiving?

Praise?

Petition?

Adoration and worship springing from your heart (not your head)?

(respond as you feel led)

Prayer of the Heart

PSALM 51:10-12 (NIV)

**Create in me a pure heart, O God,
And renew a steadfast spirit within me.
Do not cast me from your presence or
Take your Holy Spirit from me.
Restore to me the joy of your salvation and
Grant me a willing spirit, to sustain me.**

Psalmody — Psalm 51

If you know a song from Psalm 51, sing it, or read/chant the Psalm.

If you can play the guitar: Play two chords to create a melody to sing Psalm 51 or listen to the song "Create in Me a Clean Heart, O God" by John Michael Talbot and Terry Talbot

CREATE IN ME A CLEAN HEART, O GOD

John Michael Talbot and Terry Talbot, from the album The Painter

<https://www.youtube.com/watch?v=LcXkqc06vhs>

**Create in me a clean heart oh God
Let me be like You in all my ways
Give me Your strength
Teach me Your song
Shelter me in the shadow of Your wings**

SUNDAY

**For we are Your righteousness
If we've died to ourselves
And live through Your death**

**Then we shall be born again
To be blessed in Your love**

Closing Prayer

Breathe in: **In me O Lord,**

Breathe out: **You move and live, and have Your being.**

(repeat 3x)

MONDAY

Morning Prayer

“Before the mountains were brought forth, or ever you had formed the earth, from everlasting to everlasting, you are God.” — Psalm 90:2

Begin with Breath Prayer

Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. (Your name for God or God's name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)

Breathe in: “I love you {God's name for you}.” {your name, my child, beloved, etc.}

Breathe out: “I love you {your name for God}.” {God, Jesus, Lord, Savior, etc.}

Let your soul rest a few minutes in God's presence

Opening Prayer³

**In the light of a new day, the earth awakening,
birds and brightness singing your praises, you are God.
In the deep darkness of the night,
the stars and moon keeping vigil, you are God.
In the raging storms of life,
the whirling elements, crashing waves and rising hurricanes
on our earth and in our souls, you are God.
In the gentle peace of the breeze on our faces,
the whispers of love in ordinary touch and smile, you are God.
There is no place you are not.
Everywhere, you are God.
Even here, you are with me.**

³ “You are God” by Kara K. Root.

MONDAY

Scriptures

REV. 4:11 (NRSV)

**You are worthy, our Lord and God,
to receive glory and honor and power
for you created all things,
and by your will they existed and were created.**

PSALM 102:25-27 (NRSV)

Long ago you laid the foundations of the earth and the heavens are the work of your hands. They will perish but you endure; they wear out like garments but you are the same and your years have no end.

Intercession⁴

“The whole earth is full of your glory.” — Isaiah 6:3

**May your glory shine forth this day, Lord,
May I see and welcome you, O God of wonder and majesty.**

**You are above all, and in all, and through all,
I cannot hinder your love or power,
I cannot dissuade you from acting.
You are apart from me,
and within me,
You are apart from all that is,
and you make yourself known within all that is.**

**So this day,
in the faces of those I see,
in the lives of those I meet,
in the splendor and struggle of nature,
in the order and bustle of your creatures on the earth,
in the longings of the world for justice and peace,
in the faithful actions of those who heed your call,
in the work I do and the prayers I pray,**

⁴ “Prayer for Glory” by Kara K. Root.

MONDAY

in all of this, may your glory shine forth this day.

I lift before you . . .

(specific prayers are offered)

I long to see your glory, O God, in the land of the living.

I long to see your Spirit moving in the world,

your healing, your hope,

your life shining through all life.

Open my heart to receive your glory.

Open my hands to share your glory.

May your glory shine forth this day, Lord,

And may I see and welcome you, O God of wonder and majesty.

Silence

Closing Prayer ⁵

Blessed are you, God of glory and might,

you hold all things in your care, and rule over the earth in love.

Blessed are you, Christ of beauty and wonder,

you come with me into this day

and meet me in all those I meet.

Blessed are you, Spirit of goodness and delight,

you move in my heart and mind,

opening me to the presence and power of God this day,

in each ordinary moment. Amen.

⁵ "Blessing for Glory" by Kara K. Root.

MONDAY

Midday Prayer

In the Name of the Father, the Son, and the Holy Spirit . . .

Call to Prayer

Let the beauty of the Lord our God be upon us and establish the work of our hands dear Lord, establish the work of our hands.

— Northumbria Community

The Presence of God

I pause for a moment and reflect on God's life-giving presence in every part of my body, in everything around me, in the whole of my life.

Declaration of Faith

To whom shall we go? You have the words of eternal life, and we have believed and have come to know that You are the Holy One of God. Praise to You, Lord Jesus Christ, King of endless glory.

— Northumbria Community

Scripture

MATTHEW 26:6-13 (NIV)

While Jesus was in Bethany in the home of Simon the Leper, a woman came to him with an alabaster jar of very expensive perfume, which she poured on his head as he was reclining at the table. When the disciples saw this, they were indignant. "Why this waste?" they asked. "This perfume could have been sold at a high price and the money given to the poor."

Aware of this, Jesus said to them, "Why are you bothering this woman? She has done a beautiful thing to me. The poor you will always have with you, but you will not always have me. When she poured this perfume on my body, she did it to prepare me for burial. Truly I tell you, wherever this gospel is preached throughout the world, what she has done will also be told, in memory of her."

MONDAY

Silence

Specific Prayers

Personal prayers; prayers for the young people you serve; prayers for your church; prayers for your community . . .

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. 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.

Reflection

Take several deep breaths.

Breathe in: "I love you {God's name for you}."

Breathe out: "I love you {your name for God}."

Prayer of the Church

Teach us, dear Lord, to number our days; that we may apply our hearts unto wisdom. Oh, satisfy us early with Thy mercy, that we may rejoice and be glad all of our days. And let the beauty of the Lord our God be upon us; and establish Thou the work of our hands. And let the beauty of the Lord our God be upon us; and establish Thou the work of our hands, dear Lord. We pray in the name of our Lord Jesus Christ, who reigns with you and the Holy Spirit, world without end, Amen.

— Cantic from Psalm 90

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, so it is now and so it shall ever be, world without end. Alleluia. Amen.

— The Gloria Patri

MONDAY

Evening Prayer

If you wish, pull out a photo of your youth group for this prayer

Breath Prayer

Take a deep slow breath while reciting the breath prayer:

Breathe in: **In You O Lord,**

Breathe out: **I move and live, and have my being**

(repeat 3x)

Silence

Meditation

Martha's intercession: "Lord, the one you love is sick" — John 11:3

Lord, the one you love is sick (pause)

Lord, the one you love is sick (pause)

Lord, the one you love is sick

(pause and let a deep slow exhale saying it one more time)

Lord, the one you love is sick

Silence

Reflection

WORD ON THE STREET: EMPATHY

Empathy was first understood in the context of how art viewers became artists themselves after "feeling into" the art. When people project their emotions, ideas, or memories onto objects, they enact a process called *einfuhlung* in German, meaning "feeling into," which eventually gave the English word empathy its definition.

Similarly, when praying using emotions, imagination, and critical analysis like a serious art viewer, empathy is formed.

MONDAY

In praying—whether it is for our own needs or others’—we awaken empathy that seeds the faith-bed in our hearts.

Using imaginative prayer, you start as the “viewer” of the text until your *einfuhlung* (in feeling) transforms you to be the “artist” of the text, live the text; and you become the answer to your prayer.

Experiential Prayer — Praying with Empathy

*Pray with an icon (ikon in Greek means image)
Using the photo/s of your youth group or community.*

*View the photograph like you are gazing at an art masterpiece.
Slowly and reverently move your fingers on the faces of those in the photo, allowing your emotions to move you, noting what somberness, anger, gratitude or other emotions you feel.*

Silence

Specific Prayer

“Your brother will rise again” — John 11:23

Which one drew the most empathy from your photo-viewing?

Who is in need of your intercession today?

Closing Prayer

*Breathe in: **In me O Lord,**
Breathe out: **You move and live, and have Your being**
(repeat 3x)*

TUESDAY

Morning Prayer

“In righteousness I shall see your face, O Lord. When I awake, your presence shall give me joy.” — Psalm 17:15

Begin with Breath Prayer

Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. (Your name for God or God’s name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)

Breathe in: “I love you {God’s name for you}.” {your name, my child, beloved, etc.}

Breathe out: “I love you {your name for God}.” {God, Jesus, Lord, Savior, etc.}

Let your soul rest a few minutes in God’s presence

Opening Prayer⁶

“Bless the Lord, O my soul,
and all that is within me bless God’s holy name.” — Psalm 103:1

I bless you God,
my tired heart, my grateful heart,
my worried heart, my anxious heart,
my peaceful heart, my wary heart,
awakens to this day with blessings,
for you, for this day, for this life,
whatever awaits,
I bless you O God, with all my heart.

Scripture

PSALM 136:1-10, 26 (NRSV)

O give thanks to the Lord, for he is good,
for his steadfast love endures forever.
O give thanks to the God of gods,
for his steadfast love endures forever.

⁶ “Bless Your Heart Prayer” by Kara K Root.

TUESDAY

**O give thanks to the Lord of lords,
 for his steadfast love endures forever;
who alone does great wonders,
 for his steadfast love endures forever;
who by understanding made the heavens,
 for his steadfast love endures forever;
who spread out the earth on the waters,
 for his steadfast love endures forever;
who made the great lights,
 for his steadfast love endures forever;
the sun to rule over the day,
 for his steadfast love endures forever;
the moon and stars to rule over the night,
 for his steadfast love endures forever;
who struck Egypt through their firstborn,
 for his steadfast love endures forever;**

**O give thanks to the God of heaven,
 for his steadfast love endures forever.**

PSALM 8:1-4 (NRSV)

**It is good to give thanks to the Lord,
 to sing praises to your name, O Most High;
to declare your steadfast love in the morning,
 and your faithfulness by night,
to the music of the lute and the harp,
 to the melody of the lyre.**

**For you, O Lord, have made me glad by your work;
 at the works of your hands I sing for joy.**

Intercession

Our Father who Art in Heaven, hallowed be Thy name . . .
(prayers of thanks and praise to God)

Thy kingdom come, Thy will be done, on earth as it is in heaven . . .
(prayers for the world, for the church, for your life)

TUESDAY

Give us this day our daily bread . . .

(prayers for specific needs of others and yourself)

And forgive us our debts, as we forgive our debtors . . .

(prayers for personal forgiveness, and for tensions in relationships)

Lead us not into temptation, but deliver us from evil . . .

(prayers for places where deliverance and freedom is needed within you, between you and others, and in the world)

For Thine is the Kingdom and the Power and the Glory Forever . . .

(prayers of gratitude and praise)

Amen.

Silence

Closing Prayer⁷

**Your steadfast love endures forever, O God,
your steadfast love endures today.**

I bless you, Lord,

all that is within me blesses your holy name.

My heart and mind and body and soul,

give thanks to you, O Lord my God,

for what has been,

and for what will be

this day.

Amen.

⁷ "Steadfast Love Blessing" by Kara K. Root.

TUESDAY

Midday Prayer

In the Name of the Father, the Son, and the Holy Spirit . . .

Call to Prayer

O Lord, our God, You are always more ready to give your good gifts to us than we are ready to seek them, and you are willing to give more than we desire or deserve. Help us to seek that we may find, to ask that we may joyfully receive, to knock that the door of your mercy may be opened to us.

— Minister's Worship Handbook, Book of Common Order (St. Giles' Cathedral)

The Presence of God

I remind myself that, as I sit here now, God is gazing on me with love and holding me in being. I pause for a moment and think of this. How do I feel? Grateful? Anxious? Doubtful? Astonished?

Declaration of Faith

We believe and trust in God the Father Almighty. We believe and trust in Jesus Christ, the Son. We believe and trust in the Holy Spirit. We believe and trust in the Three in One. Amen.

— Common Prayer: A Liturgy for Ordinary Radicals

The Gospel Text

LUKE 17:11-19 (NIV)

Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, "Jesus, Master, have pity on us!" When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan. Jesus asked, "Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well."

TUESDAY

Silence

Specific Prayers

Personal prayers; prayers for the young people you serve; prayers for your church; prayers for your community . . .

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. 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.

Breath Prayer

Take several deep breaths.

Breathe in: "I love you {God's name for you}."

Breathe out: "I love you {your name for God}."

Prayer of the Church

**Christ as a light, illumine and guide me.
Christ as a shield, overshadow me.
Christ under me; Christ over me;
Christ beside me on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.**

TUESDAY

**Christ as a light; Christ as a shield;
Christ beside me on my left and my right.
Amen.**

— Northumbria Community

**Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the
beginning, it is now and shall be, forever and ever. Alleluia. Amen.**

— The Gloria Patri

TUESDAY

Evening Prayer

Begin with Breath Prayer

Take a deep slow breath while reciting the breath prayer:

Breathe in: **In You O Lord,**

Breathe out: **I move and live, and have my being**

(repeat 3x)

Silence

Sacred Musing

Where was Jesus when you needed him?

Scripture

PSALM 32 (NIV)

**My soul is downcast within me; therefore I will remember you
from the land of the Jordan, the heights of Hermon—from Mount Mizar.**

**Deep calls to deep in the roar of your waterfalls;
all your waves and breakers have swept over me.**

**By day the Lord directs his love, at night his song is with me—
A prayer to the God of my life.**

I say to God my Rock, “Why have you forgotten me?

Why must I go about mourning, oppressed by the enemy?”

**My bones suffer mortal agony as my foes taunt me, saying to me all day long,
“Where is your God?”**

Reflection

WORD ON THE STREET: MENTAL HEALTH

Picture this: Your head space is crammed with images of current events of unrest, inequality, racism, hunger, homelessness, violence, politics. You might also find yourself ranting about your

TUESDAY

perceived sound argument or righteous indignation on social media. Maybe one of your youth might be cutting, dealing with an eating disorder, or contemplating suicide.

Where is Jesus in all of these?

Is this not taking a toll on your mental health?

Meditation

Reflect on these sacred words found on John 11:32a:

When Mary reached the place where Jesus was and saw him, she fell at his feet.

When Mary reached the place where Jesus was and saw him, she fell at his feet.

When Mary reached the place where Jesus was and saw him, she fell at his feet.

Prayer Poem⁸

**It is okay not to be okay, it is a way to let the wind blow
Crammed space of my head,
Everyone and everything wants an inch of my head space,
Where's my missing sock anyway?**

**And someone will try to Marie Kondo⁹ it, right?
And even an inch of Jesus will help Kondo declutter my head space, right?**

**So, yes, I give you permission
Let me fall at your feet
Let me kiss you
You're already in, so just love on me
Would you, now!**

⁸ "Prayer Poem" by Archie Honrado.

⁹ Marie Kondo is a self-help guru who teaches people to organize and tidy up personal spaces by what sparks joy. Her method has been called KonMari.

TUESDAY

Specific Prayer

Lord Jesus, awaken your indwelling presence in my heart.

Contemplation

Rest in God,
Let go, let go, let go, let God

Silence

Closing Prayer

Breathe in: **In me O Lord,**
Breathe out: **You move and live and have Your being**
(repeat 3x)

WEDNESDAY

Morning Prayer

“Arise, shine, for your light has come! The glory of the Lord is risen upon me!”

— Isaiah 60:1

Begin with Breath Prayer

Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. (Your name for God or God's name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)

Breathe in: “I love you {God's name for you}.” {your name, my child, beloved, etc.}

Breathe out: “I love you {your name for God}.” {God, Jesus, Lord, Savior, etc.}

Let your soul rest a few minutes in God's presence

Opening Prayer¹⁰

What is arising in me, Lord?

What is shutting down? What is opening up?

What is awakening? What is resting?

Where am I in need? What needs have been satisfied?

Scan your heart and mind. Scan your body. Acknowledge what arises.

Help me be present, O Christ, in all things,

As you are present with me now.

Amen.

Scripture

PSALM 139 (NRSV)

O Lord, you have searched me and known me.

You know when I sit down and when I rise up;

you discern my thoughts from far away.

You search out my path and my lying down,

and are acquainted with all my ways.

¹⁰ “Prayer of Attention” by Kara K. Root.

WEDNESDAY

Even before a word is on my tongue,
O Lord, you know it completely.

(pause)

You hem me in, behind and before,
and lay your hand upon me.
Such knowledge is too wonderful for me;
it is so high that I cannot attain it.

(pause)

Where can I go from your spirit?
Or where can I flee from your presence?
If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
If I take the wings of the morning
and settle at the farthest limits of the sea,
even there your hand shall lead me,
and your right hand shall hold me fast.

(pause)

If I say, 'Surely the darkness shall cover me,
and the light around me become night',
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.

(pause)

For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well.

(pause)

My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
Your eyes beheld my unformed substance.

WEDNESDAY

**In your book were written
all the days that were formed for me,
when none of them as yet existed.**

(pause)

**How weighty to me are your thoughts, O God!
How vast is the sum of them!
I try to count them—they are more than the sand;
I come to the end—I am still with you.**

(pause)

**O that you would kill the wicked, O God,
and that the bloodthirsty would depart from me—
those who speak of you maliciously,
and lift themselves up against you for evil!
Do I not hate those who hate you, O Lord?
And do I not loathe those who rise up against you?
I hate them with perfect hatred;
I count them my enemies.**

(pause)

**Search me, O God, and know my heart;
test me and know my thoughts.
See if there is any wicked way in me,
and lead me in the way everlasting.**

Intercession¹¹

**I come to you this day, God, with my heart open.
I do not hide (nor could I),
any of my thoughts or feelings from you.**

**When fear would have me hide,
please help me show up.
When worry would have me distracted,
please help me return my mind and heart to you.
You are with me always.**

¹¹ "Prayer of Heart Welcome" by Kara K. Root.

WEDNESDAY

You are with me now.

(pause)

Give me courage this day.

**I trust you with my joy and my peace,
all contentment and harmony come from you and lead me to you.**

**I trust you with my sorrow and my anger,
even when my sadness or rage is toward you, God.**

**I trust you with my restlessness and discontent,
and allow myself to wonder what your Spirit might be stirring in me.**

**I trust you with my longings and my dreams,
you who made my imagination delights in it, and meets me there.**

**I trust you with my questions and my doubts,
for by them you draw me deeper into life, closer to your heart.**

May I remember this today:

You welcome me as I am.

You welcome me, and meet me in all of it.

**May I welcome you and be present to you
in all things this day, O Christ.**

**And may I welcome myself today,
as you welcome me and are present with me
in all things this day, O Christ.**

Silence

WEDNESDAY

Closing Prayer

**In the gift of this new day,
in the gift of the present moment,
in the gift of time and eternity intertwined
let me be thankful
let me be attentive
let me be open to what has never happened before.
in the gift of this new day,
in the gift of this present moment,
in the gift of time and eternity intertwined.**

— “Monday Morning Prayer,” Celtic Benediction (J. Philip Newell)

WEDNESDAY

Midday Prayer

In the Name of the Father, the Son, and the Holy Spirit . . .

Call to Prayer

O God, be present with us always, dwell within our hearts. With thy light and thy Spirit guide our souls, our thoughts, and all our actions, that we may teach thy Word, that thy healing power may be in us and in thy church universal. Amen.

— Melancthon (1550)

The Presence of God

I remind myself that, as I sit here now, God is gazing on me with love and holding me in being. I pause for a moment and think of this.

Declaration of Faith

Too late have I loved you, O Beauty so ancient, O Beauty so new. Too late have I loved you! You were within me but I was outside myself, and there I sought you! In my weakness I ran after the beauty of the things you have made. You were with me, and I was not with you. The things you have made kept me from you - the things which would have no being unless they existed in you! You have called, you have cried, and you have pierced my deafness. You have radiated forth, you have shined out brightly, and you have dispelled my blindness. You have sent forth your fragrance, and I have breathed it in, and I long for you. I have tasted you, and I hunger and thirst for you. You have touched me, and I ardently desire your peace.

— Augustine of Hippo

WEDNESDAY

Scripture

MATTHEW 26:36-39 (NIV)

Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

Silence

Specific Prayers

Personal prayers; prayers for the young people you serve; prayers for your church; prayers for your community . . .

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. 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.

Breath Prayer

Take several deep breaths.

Breathe in: “I love you {God’s name for you}.”

Breathe out: “I love you {your name for God}.”

WEDNESDAY

Prayer of the Church

O Lamb of God, that takes away the sins of the world, have mercy upon us.

O Lamb of God, that takes away the sins of the world, have mercy upon us.

O Lamb of God, that takes away the sins of the world, grant us Thy peace.

— Agnus Dei

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, it is now and shall be, forever and ever. Alleluia. Amen.

— The Gloria Patri

WEDNESDAY

Evening Prayer

Begin with Breath Prayer

Take a deep slow breath while reciting the breath prayer:

Breathe in: **In You O Lord,**

Breathe out: **I move and live, and have my being**

(repeat 3x)

Silence

Scripture

PSALMS 42 (NIV)

My soul is downcast within me;

Therefore I will remember you from the land of the Jordan,

The heights of Hermon— from Mount Mizar.

Deep calls to deep in the roar of your waterfalls;

All your waves and breakers have swept over me.

By day the Lord directs his love, at night his song is with me—

A prayer to the God of my life. I say to God my Rock,

“Why have you forgotten me?

Why must I go about mourning, oppressed by the enemy?”

By day the Lord directs his love, at night his song is with me—

A prayer to the God of my life.

I say to God my Rock, “Why have you forgotten me?

Why must I go about mourning, oppressed by the enemy?”

My bones suffer mortal agony as my foes taunt me, saying to me all day long,

“Where is your God?”

Meditation

Where did I find God’s love today?

“By day the Lord directs his love, at night his song is with me.” — Psalm 42:8

WEDNESDAY

Prayerfully look back at what your day has been like today. Did you have a nice day, or a hard day? Where did you receive the most love today? Where and to whom did you give the most love today? Reflecting on these questions opens your heart and brings you more awareness of God's love for you and others. Your encounters with creation, people, nature, and things today are sacred spaces where you can find God.

Silence

Prayer

Lord, at the foot of your cross, I lay the hard things I experienced today, I let it go.
Lord, I bow down to thank you for the love I found in you through the small and big things that came my way today.

Closing Prayer

Lord, all along I knew you are my Teacher,
They don't have to tell me, I knew; my heart tells me so

Lord, thy Word is a lamp unto my feet
And a light unto my path
(3x)

I worship you Almighty God, there is none like you.

Glory be to the Father, the Son, and the Holy Spirit
Now and forever more, Amen!

WEDNESDAY

Prayer Walk

Optional

Walk in solitude, no music, just you waiting to listen to the whisper of the Holy Spirit.

As you start your prayer walk, expect a thought that will become your prayer focus for the rest of your prayer walk.

Wait for a few moments as many thoughts will likely come your way; listen to each one of these thoughts and hold in prayer the one you are most drawn to.

As you focus on one thought throughout your walk, other thoughts might come and intrude; let them go and return to the prayer you've been holding in your heart.

Towards the end of your walk, pray the Lord's Prayer.

THURSDAY

Morning Prayer

Satisfy me with your love in the morning, and I will live this day in joy and praise.

— Psalm 90:14

Begin with Breath Prayer

Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. (Your name for God or God's name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)

Breathe in: "I love you {God's name for you}." {your name, my child, beloved, etc.}

Breathe out: "I love you {your name for God}." {God, Jesus, Lord, Savior, etc.}

Let your soul rest a few minutes in God's presence

Opening Prayer¹²

For the gift of life and living, thank you, God.

For the whole human family, Lord, and my place within it

I give you thanks.

You have made us in your image, God,

to need one another, to care for each other,

to experience our own being

as belonging to you and to all others.

May my heart be open this day,

to all who will cross my path.

May your Spirit move this day

in the lives of all those whose paths I will cross.

¹² "Belonging Opening Prayer" by Kara K. Root.

THURSDAY

Scriptures

1 JOHN 4:18-20 (NRSV)

There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because God first loved us. Those who say, “I love God,” and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen.

ROMANS 15:5-7 (ESV)

May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Therefore welcome one another as Christ has welcomed you, for the glory of God.

Intercession

“The God of peace be with us.” — Philippians 4:9

Where there is separation,
there is pain.
And where there is pain,
there is story.

And where there is story,
there is understanding,
and misunderstanding,
listening
and not listening.

May we – separated peoples, estranged strangers,
unfriended families, divided communities –
turn toward each other,
and turn toward our stories,
with understanding
and listening,
with argument and acceptance,

THURSDAY

**with challenge, change
and consolation.**

**Because if God is to be found,
God will be found
in the space
between.
Amen.**

— “A prayer for Reconciliation,” Daily Prayer with the Corrymeela Community
(PÁdraig Ó Tuama)

**God,
Good beyond all that is good,
Fair beyond all that is fair,
in you is calmness, peace, and concord.
Heal the dissensions that divide us from one another
and bring us back to a unity of love
bearing some likeness to your divine nature.
Through the embrace of love,
and the bonds godly affection,
make us one in the Spirit
by your peace which makes all things peaceful.
We ask this through the grace, mercy, and tenderness
of your Son, Jesus Christ our Lord. Amen.**

— Dionysius of Alexandria

Silence

THURSDAY

Closing Prayer

The God of peace be with us. — Philippians 4:9

**Let me be at peace within myself.
Let me be aware of the source of being
that is common to us all
and to all living creatures.**

**Let me be filled with the presence of the great compassion
towards myself and towards all living beings.**

**Realizing that we are all nourished
from the same source of all life,
may we so live that others not be deprived
of air, food, water, shelter, or the chance to live.**

**May we cease to be
a cause of suffering to one another.**

**With humility I pray for the establishment
of peace in our hearts and on earth.**

**May God kindle in me
the fire of love
to bring me alive
and give warmth to the world. Amen.**

— The New Zealand Prayerbook

THURSDAY

Midday Prayer

In the Name of the Father, the Son, and the Holy Spirit . . .

Call to Prayer

Loving God, we offer these prayers, joining our voices to the great chorus of those who sing your praise and depend on you alone. We long for that day when all your children will live in your peace and praise your name. Until that day, give us sturdy patience and enduring hope, rooted only in Jesus, in whose name we pray, Amen.

— Book of Common Prayer

The Presence of God

I pause for a moment and reflect on God's life-giving presence in every part of my body, in everything around me, in the whole of my life.

Declaration of Faith

Lord, make us instruments of your peace.

Where there is hatred, let us sow love;

where there is injury, pardon;

where there is discord, union;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

Grant that we may not so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life.

— St. Francis of Assisi

THURSDAY

Scripture

LUKE 6:20-31 (NIV)

Looking at his disciples, he said:

“Blessed are you who are poor, for yours is the kingdom of God.

Blessed are you who hunger now, for you will be satisfied.

Blessed are you who weep now, for you will laugh.

Blessed are you when people hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man. Rejoice in that day and leap for joy, because great is your reward in heaven. For that is how their ancestors treated the prophets.

But woe to you who are rich, for you have already received your comfort.

Woe to you who are well fed now, for you will go hungry.

Woe to you who laugh now, for you will mourn and weep.

Woe to you when everyone speaks well of you, for that is how their ancestors treated the false prophets.

But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. Do to others as you would have them do to you.”

Silence

Specific Prayers

Personal prayers; prayers for the young people you serve; prayers for your church; prayers for your community . . .

THURSDAY

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. 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.

Breath Prayer

Take several deep breaths.

Breathe in: "I love you {God's name for you}."

Breathe out: "I love you {your name for God}."

Prayer of the Church

O God, the Father of our Lord Jesus Christ, our only Saviour, the Prince of Peace: Give us grace seriously to lay to heart the great dangers we are in by our unhappy divisions. Take away all hatred and prejudice, and whatsoever else may hinder us from godly union and concord: that, as there is but one Body, and one Spirit, and one hope of our calling, one Lord, one faith, one baptism, one God and Father of us all; so we may henceforth be all of one heart, and of one soul, united in one holy bond of truth and peace, of faith and charity, and with one mind and one mouth glorify thee; through Jesus Christ our Lord. Amen.

— The Book of Common Prayer

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, it is now and shall be, forever and ever. Alleluia. Amen.

— The Gloria Patri

THURSDAY

Evening Prayer

Begin with Breath Prayer

Take a deep slow breath while reciting the breath prayer:

*Breathe in: **In You O Lord,***

*Breathe out: **I move and live, and have my being***

(repeat 3x)

Silence

Lectio Divina

Read at least three times, slow and with reverence.

Pause for a brief silence at the end of the passage before repeating.

JOHN 11:32-37 (NIV)

When Mary reached the place

Where Jesus was and saw him,

She fell at his feet and said,

“Lord, if you had been here,

My brother would not have died.”

When Jesus saw her weeping,

And the Jews who had come along with her also weeping,

He was deeply moved in spirit and troubled.

“Where have you laid him?” he asked.

“Come and see, Lord,” they replied.

Jesus wept.

Then the Jews said,

“See how he loved him!”

But some of them said,

“Could not he who opened the eyes of the blind man

Have kept this man from dying?”

THURSDAY

Prayer¹³

Lord, I've learned to argue, reason, and analyze
Society and school have taught me well,
My mom and Jesus
taught me to weep with those who are weeping now.
Let not my heart be troubled, Jesus, let my heart weep.

Silence

Closing Prayer

Breathe in: **In me O Lord,**
Breathe out: **You move and live and have Your being.**
(repeat 3x)

¹³ Prayer by Archie Honrado.

FRIDAY

Morning Prayer

“Let me hear of your steadfast love in the morning, for in you I put my trust.”

— Psalm 143:8

Begin with Breath Prayer

Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. (Your name for God or God's name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)

Breathe in: “I love you {God's name for you}.” {your name, my child, beloved, etc.}

Breathe out: “I love you {your name for God}.” {God, Jesus, Lord, Savior, etc.}

Let your soul rest a few minutes in God's presence

Opening Prayer¹⁴

**The Lord's unfailing love and mercy never cease,
fresh as the morning and sure as the sunrise. — Lamentations 3:22-23**

**I open my eyes and my ears to your presence,
I open my heart and my mind to your Spirit,
I still my soul and ready myself
to commune with you now,
O Lord, my light and my salvation.**

Scriptures

MATTHEW 6:30-34 (The Message)

If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met.

¹⁴ “Seeking Prayer” by Kara K. Root.

FRIDAY

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Intercession¹⁵

Be here now, O my soul.

Be here now, O my God.

May I be.

Just as I am without pretense or fear.

May I be here.

No other place my mind wants to take me.

**Not work or the worries of family or friends,
not what I have to do or where I need to go.**

Just here. Right here.

May I be here now.

No other time my mind wants to take me.

**Not past for regrets or nostalgia,
and not future, for worry or planning or dreaming.**

Just now. Right now.

I trust you with this world and all those in it.

(specific prayers may be lifted up . . .)

Thank you God.

I trust you with those I love and all they are going through.

(specific prayers may be lifted up . . .)

Thank you God.

I trust you with my own soul, all that I carry and all that I am.

(specific prayers may be lifted up . . .)

Thank you God.

¹⁶ "Be Here Now Blessing" by Kara K. Root.

FRIDAY

**Of all life and being, you are God.
In every place, you are God.
In every moment, you are God.
You are here now, God.
I am here now.**

Silence

Closing Prayer¹⁶

**Lord, you are the great *I AM*, the eternal being.
So may I be here.
Jesus, you are Emmanuel, God with us, who comes into this life.
So may I be here now.
Holy Spirit, you are the Comforter, with us forever, with us now.
So may I be here now. Amen.**

¹⁶ "Be Here Now Blessing" by Kara K. Root.

FRIDAY

Midday Prayer

In the Name of the Father, the Son, and the Holy Spirit . . .

Call to Prayer

Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me.

Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

I bind unto myself the Name, the strong Name of the Trinity by invocation of the same, the Three-in-One and One-in-Three, by Whom all nature hath creation, Eternal Father, Spirit, Word. Praise to the Lord of my salvation, salvation is of Christ the Lord.

— St. Patrick's Breastplate Prayer

The Presence of God

I pause for a moment and reflect on God's life-giving presence in every part of my body, in everything around me, in the whole of my life.

Declaration of Faith

God be in our head and in our understanding.

God be in our eyes and in our looking.

God be in our mouth and in our speaking.

God be in our heart and in our thinking.

God be at our end and at our departing.

— Book of Hours (1514)

Scripture

LUKE 24:13-32 (The Message)

That same day two of them were walking to the village Emmaus, about seven miles out of Jerusalem. They were deep in conversation, going over all these things that had

FRIDAY

happened. In the middle of their talk and questions, Jesus came up and walked along with them. But they were not able to recognize who he was. He asked, “What’s this you’re discussing so intently as you walk along?” They just stood there, long-faced, like they had lost their best friend. Then one of them, his name was Cleopas, said, “Are you the only one in Jerusalem who hasn’t heard what’s happened during the last few days?”

He said, “What has happened?” They said, “The things that happened to Jesus the Nazarene. He was a man of God, a prophet, dynamic in work and word, blessed by both God and all the people. Then our high priests and leaders betrayed him, got him sentenced to death, and crucified him. And we had our hopes up that he was the One, the One about to deliver Israel. And it is now the third day since it happened. But now some of our women have completely confused us. Early this morning they were at the tomb and couldn’t find his body. They came back with the story that they had seen a vision of angels who said he was alive. Some of our friends went off to the tomb to check and found it empty just as the women said, but they didn’t see Jesus.” Then he said to them, “So thick-headed! So slow-hearted! Why can’t you simply believe all that the prophets said? Don’t you see that these things had to happen, that the Messiah had to suffer and only then enter into his glory?”

Then he started at the beginning, with the Books of Moses, and went on through all the Prophets, pointing out everything in the Scriptures that referred to him. They came to the edge of the village where they were headed. He acted as if he were going on but they pressed him: “Stay and have supper with us. It’s nearly evening; the day is done.”

So he went in with them. And here is what happened: He sat down at the table with them. Taking the bread, he blessed and broke and gave it to them. At that moment, open-eyed, wide-eyed, they recognized him. And then he disappeared. Back and forth they talked. “Didn’t we feel on fire as he conversed with us on the road, as he opened up the Scriptures for us?”

Silence

Specific Prayers

Personal prayers; prayers for the young people you serve; prayers for your church; prayers for your community . . .

FRIDAY

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. 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.

Breath Prayer

Take several deep breaths.

Breathe in: "I love you {God's name for you}."

Breathe out: "I love you {your name for God}."

Prayer of the Church

May God the Father bless us. May God the Son heal us. May God the Holy Spirit enlighten us, and give us eyes to see with, ears to hear with, hands to do the work of God with, feet to walk with, a mouth to preach the Word of Salvation with, and the Angel of Peace to watch over us and lead us at last, by our Lord's gift, to the Kingdom. Amen.

— A 13th Century Dominican Prayer

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, it is now and shall be, forever and ever. Alleluia. Amen.

— The Gloria Patri

FRIDAY

Evening Prayer

Begin with Breath Prayer

Take a deep slow breath while reciting the breath prayer:

Breathe in: **In You O Lord,**

Breathe out: **I move and live, and have my being**

(repeat 3x)

Silence

Lectio Divina

“Our friend Lazarus has fallen asleep; but I am going there to wake him up.” — John 11:11

Praying the Labyrinth

Bethany, Jerusalem, Judea, the place where Jesus was, the house of Mary and Martha, Cemetery (the tomb) . . . imagine all these places; hear Jesus say, “I am going there.”

In AD 1187, Muslims led by Saladin defeated the Crusaders. At that point, Christians weren’t able to go on a pilgrimage, so they adapted the labyrinth as their way to remotely do their pilgrimage.

At the center of the labyrinth is a symbol of Jerusalem—a Christian’s most sacred place of pilgrimage.

In a labyrinth there is only one entrance. As you walk along the path toward the center and heart of the labyrinth, some paths feel like you’re very close to the center only to deviate away from the center. The way in towards the center can represent the journey toward the heart of Jesus and the journey on the way out represents taking the heart of Jesus out into the world.

Use a pencil to walk the labyrinth below. When you reach the center, spend some time in silence without saying anything, thinking anything, feeling anything, or imagining anything; just consent to the movement of God that already lives in the center of your being.

FRIDAY

Journey in this labyrinth, listening deeply to where your heart would take you.



Closing Prayer¹⁷

**Jesus, you are the Resurrection and the Life.
Jesus, you are the Way, the Truth and the Life.
Jesus, you are the Vine and we are the branches.
Jesus, I am *your* beloved.**

¹⁷ Prayer by Archie Honrado.

SATURDAY

Morning Prayer

“I lift up my eyes to the hills—from where will my help come? My help comes from the Lord, who made heaven and earth. Let me hear of your steadfast love in the morning, for in you I put my trust.” — Psalm 121:1-2

Begin with Breath Prayer

Come into the conversation with God by praying silently. As you breathe in, feel God saying to you, I love you. As you breathe out, feel yourself returning that love by responding, I love you. (Your name for God or God’s name for you may shift from day to day, depending on what is going on in your life, or in your relationship with God.)

Breathe in: “I love you {God’s name for you}.” {your name, my child, beloved, etc.}

Breathe out: “I love you {your name for God}.” {God, Jesus, Lord, Savior, etc.}

Let your soul rest a few minutes in God’s presence

Opening Prayer

PSALM 86 (CEB)

Lord, listen closely to me and answer me,

because I am poor and in need.

Guard my life because I am faithful.

(pause)

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.

(pause)

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.

(pause)

SATURDAY

**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.**

(pause)

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

(pause)

**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.**

(pause)

**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.**

(pause)

**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.**

SATURDAY

Intercession

**O God, full of compassion,
I commit and commend myself to you,
in whom I am, and live, and know.
Be the goal of my pilgrimage,
and my rest by the way.
Let my soul take refuge
from the crowding turmoil of worldly thought
beneath the shadow of your wings.
Let my heart, this sea of restless waves,
Find peace in you, O God. Amen.**

— Augustine of Hippo

Closing Prayer

**May the Lord bless me and protect me this day.
May the Divine Source of all love shine the face of love on me,
and be gracious to me,
May God's look me in the eyes this day, full of compassion,
and fill my heart with peace, peace, peace.**

— Paraphrase of Aaronic Blessing, Numbers 6:24-26 (Kara K. Root)

SATURDAY

Midday Prayer

In the Name of the Father, the Son, and the Holy Spirit . . .

Call to Prayer

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

— A prayer by Thomas Merton, *Thoughts in Solitude*

The Presence of God

I pause for a moment and reflect on God’s life-giving presence in every part of my body, in everything around me, in the whole of my life.

Declaration of Faith

“Lord, I believe. Help my unbelief.” — Mark 9:24

Scripture

JOHN 14:1-14 (NIV)

“Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.”

Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?” Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From

SATURDAY

now on, you do know him and have seen him.”

Philip said, “Lord, show us the Father and that will be enough for us.”

Jesus answered: “Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father’? Don’t you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves. Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.”

Silence

Specific Prayers

Personal prayers; prayers for the young people you serve; prayers for your church; prayers for your community . . .

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. 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.

Breath Prayer

Take several deep breaths.

Breathe in: “I love you {God’s name for you}.”

SATURDAY

Breathe out: “I love you {your name for God}.”

Prayer of the Church

O Lord, we call upon You in our time of sorrow, to ask that You give us the strength and will to bear our heavy burdens, until we can again feel the warmth and love of Your divine compassion. Be mindful of us and have mercy on us while we struggle to comprehend life’s hardships. Keep us ever in Your watch, till we can walk again with light hearts and renewed spirits. We pray in the name of Jesus Christ, our Lord. Amen.

— Author Unknown

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, it is now and shall be, forever and ever. Alleluia. Amen.

— The Gloria Patri

SATURDAY

Evening Prayer

You will need a piece of paper or your journal for this prayer time.

Begin with Breath Prayer

Take a deep slow breath while reciting the breath prayer:

*Breathe in: **In You O Lord,***

*Breathe out: **I move and live, and have my being***

(repeat 3x)

Silence

Scripture

JOHN 11: 14-16 (NIV)

“Lazarus is dead, and for your sake I am glad I was not there, so that you may believe. But let us go to him.”

Then Thomas (also known as Didymus) said to the rest of the disciples, “let us also go, that we may die with him.”

Silence

Meditation

Ruminate on these words:

Thomas, willing and ready to follow and go with Jesus; to die with Lazarus.

Thomas, willing and ready to follow and go with Jesus; to die with Lazarus.

Thomas, willing and ready to follow and go with Jesus; to die with Lazarus.

SATURDAY

Let Your God Love You

**Be silent. Be still. Alone.
Empty before your God.
Say nothing. Ask nothing.
Be silent. Be still.
Let your God look upon you.
That is all.
God knows. God understands.
God loves you with an enormous love,
and only wants to look upon you with that love.
Quiet.
Still.
Be.
Let your God Love you.**

— Edwina Gateley

Closing Prayer¹⁸

**Jesus, it is no longer I that lives
Jesus, my hidden life is you
Jesus, it is not longer I that lives in me,
Jesus, my indwelling place, thank you
Jesus, I'll go with you so can I die and live with you**

Silence

Experience ending a 'closing prayer' in silence.

¹⁸ Closing Prayer by Archie Honrado.