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Grace Mosaic is a congregation of the Grace DC Network.

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Greetings in this holy season of Lent. We give thanks to our Lord for each of you who holds this edition in your hands and who participates with us in this simple but revolutionary act of daily prayer. All of us together are strengthened by the global presence of the body of Christ, the family of disciples across the world and throughout time who have sought to follow this one named Jesus, with many of them paying such great costs to do so. You are not alone and we are not alone. We at the Daily Prayer Project exist to manifest that reality.

Among Protestant Christian communities that I have been a part of over the years, Lent can either be seen as a graceless, self-deprecating, legalistic part of the Christian year or, on the other hand, trivialized into a time to “pick something to give up,” like a seasonal spiritual diet plan. Both these characterizations miss the mark.

Lent predates both Advent and Christmas, historically speaking, and is one of the oldest established seasons in the Christian year. As early Christian communities began to coalesce around their celebration of Easter Sunday as the Sunday of all Sundays, they also began to establish rhythms to prepare for Easter. This included the final initiation of people who wanted to become part of the church. From what we know, those people would have been instructed in the faith for a lengthy period (sometimes multiple years!) and then on Ash Wednesday would have entered into a final forty-day period of fasting, prayer, and instruction to prepare for their baptism and first communion on Easter.
Lent is a time to chip away at the superficial, materialistic shell of our lives. Lent is the downward journey of identifying with Jesus in his poverty, suffering, humility, compassion, and sacrificial death just as we take the upward journey toward the victory of the resurrection and new life. Maybe that’s why many don’t like this season of Lent. In our societies, a “downward journey” is not an exalted practice. We prefer victory, or at least the dream of it; we prefer abundance over emptiness. But to be Christian is to die to these illusions of grandeur and to discover God’s grace in the midst of who we truly are: sinful, weak, dependent human beings who are apprentices in the way of Jesus.

Lent is infused with grace and love, not opposed to it. Grace is a free gift to those who are in need. Lent is the season to know that need. It is a season to sense again the path of the Christian life and to recognize that an essential part of that journey is dying with Jesus.

We are aided in this downward journey by the elements of the Living Prayer Periodical before you now. The Kiowa people of North America gift us with a call to worship that recognizes the deep dependence of this season:

Daw-k’yah-ee, ah-dawtsaby-abn. Abm dow gyah-daw dow abn, Ah-tsahn dow gyahbt-t’ah-awm. (“Jesus, Son of God, we come to you to pray. To your house of worship we come in this time of need; we come to you, help us.”) In the Songbook, the Guatemalan composer Alfredo Colom places us at the foot of the cross as he meditates on the hands of Christ: Manos que supieron calmar el dolor, ¡Oh manos divinas de mi Redentor! Que multiplicaron los peces y el pan, manos milagrosas que la vida dan. (“Hands whose tender touch gave solace and relief, / Holy hands of Jesus, soothing pain and grief, / Feeding hungry people, breaking fish and bread, / Working signs and wonders, raising from the dead.”) This is but a sample of the glorious tapestry of prayers, art, music, and writing that is interwoven in this edition.

It is our prayer that the words in this edition and their placement on your lips and in your hearts over these next forty days would help you deepen your following after Jesus and increase the joy you find in him. May we all experience deep communion and transformation during this season as we learn, together, to pray without ceasing.

INTRODUCTION

The Daily Prayer Project (DPP) is a movement that exists to animate the life of prayer through the manifold beauty of the church. We connect and unify Christians by resourcing them with daily prayers, practices, and music from the global-historical church, and visual art of spiritual and artistic value. All of these rich resources are crafted into a simple, functional, and beautiful product: our Living Prayer Periodicals (LPPs). This is what you are holding in your hands right now.

We produce seven LPP editions per year that move with the Christian seasons of Advent, Christmas & Epiphany, Lent, Easter, Pentecost, and Ordinary Time.

These editions combine dynamic and diverse content with a stable method for morning and evening prayer. This method not only provides consistency for the life of prayer and practice, but it also forms us all into a life of communion with God and unity with our global and historical family of faith. It is this communal prayer that fuels and forms our own expressions of prayer in the present season of our lives. The DPP is an entrance into the holy, unifying, and empowering experience of praying together in a common way without ceasing throughout the Christian year.
The Daily Prayer Project logo is a monogram crafted into a prayer labyrinth. The mark itself becomes a practice of prayer. Rooted in the ancient Christian tradition of pilgrimage, prayer labyrinths have a history as far back as the fourth century in an Algerian church.

A labyrinth is not a maze. There is one entry point, and a single pathway leading to the center. The journey is a transformative walk toward God, the center of the labyrinth. Arriving at the center symbolizes union with God. Once a pilgrim has this encounter, they are led back out into the world along the same path.

Walking a labyrinth is a slow, meditative practice. This is a way to embody your prayer. The mark is placed above for you to travel the path of the labyrinth with your finger as a small gesture of this larger practice. We hope that one day you might be able to encounter God as you walk through a physical prayer labyrinth.
### Daily Prayer Project Lectionary

A lectionary is a schedule of Bible readings that is meant to help Christians read the whole Bible over a period of time, emphasizing particular themes and narratives during particular seasons of the Christian year. The Daily Prayer Project follows the Sunday (and certain holy day) readings of the Revised Common Lectionary, the largest shared Bible-reading plan in North America. For most Monday–Saturdays, we follow our own Daily Prayer Project Lectionary, which moves through scripture in a slow, three-year cycle. The DPP Lectionary is broken down into three categories of readings from scripture: the Psalms, the Old Testament, and the New Testament. The Old Testament is broken down into its traditional three parts: (1) Law & History, (2) Wisdom & Poetic Literature, and (3) the Prophets. The New Testament is also broken down into its traditional three sections: (1) the Four Gospels & Acts, (2) the Pauline Epistles, and (3) the General Epistles.

Lectionaries are a time-tested tool from the history of the church for maintaining a steady “diet” from the Bible’s different parts. They are specifically designed to lighten the daily load of reading and to help the reader focus in on smaller passages and particular books at a time. This facilitates slower, more meditative reading. Currently, the DPP is in Year A of the lectionary.

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*Sundays and holy days are from the Revised Common Lectionary*
Methods & Elements

Each day of the LPP features morning and evening prayer liturgies framed by seven core elements. Everyone’s style of praying is different because every person is different. Beyond that, Christian prayer varies widely across cultures and denominations. No single method can capture this. However, we hope you find within the LPP a rhythm that gives enough structure and freedom to facilitate a diverse community of prayer. Every element is offered as a guiding movement, not as a binding rule. You are encouraged to modify the liturgy based on the context of prayer.

Consider establishing rhythms of prayer in your congregation, household, workplace, small groups, or other gatherings so that you might experience the formative reality of common prayer. If doing this liturgy individually, you are encouraged to take your time to soak it in. If doing it as a group, it may be best to alternate leading each element. Also, consider using different postures in prayer (standing, kneeling, lifted or open hands, lying prostrate, etc.) that fit your context.

CALL: There is an invitation always open to us. The Spirit of God calls us to come into the holy presence, and we respond to this welcome by entering in.

PSALM: The Psalms form the core language of prayer for the people of God and have done so for thousands of years. The Psalms give us language and postures of heart and body to express in the presence of God.

ADORATION: We were created to adore God, and in the place of worship we find the joy of this purpose. This adoration happens in both silence and song. We provide four songs per edition in the Songbook found on pages 45–49. Full recordings and resources for these songs and others can be found at dailyprayerproject.com. You are also encouraged to sing songs from your own community.

LESSON: The scriptures give us the story of the Father’s redemption of all things in the Son by the power of the Holy Spirit.

PRAYER: We are led across praise, confession, and guided intercessory prayer by our family of faith all over the globe and throughout time. We receive every prayer as a gift as we put them on our own lips and in our own hearts. These prayers range from traditional prayers of the universal church to more modern and meditative prayers.

ABIDING: In response to what we have encountered in the first five elements, Abiding is an opportunity for deeper communion and self-reflection through meditating on the scriptures (lectio divina), considering the art in the gallery (visio divina), or using our bodies to engage historical Christian practices (praxio divina). Out of that place, we are also prompted to pray for the needs of others in different stations of life.

BENEDICTION: We close our time with a word of love and blessing over our lives from God himself, the Alpha and the Omega, the Beginning and the End. Our journey of prayer is framed by the Call and the Benediction; God has the first and the last word over all things in our lives.
Lent simply means “length,” and it designates the forty days leading up to Easter, not counting Sundays. (Sunday, the Lord’s Day, is always a day of feasting in celebration of the resurrection, a “little Easter.”) Lent is a time of reinitiation for the Christian, when we come back to the essential events that make us all “little Christs” in the first place: the death and resurrection of Jesus Christ and our identification with those events. We have been “crucified with Christ” (Gal. 2:20), and we have been “raised up with him” (Col. 2:12).

2021–2022 Christian Year

**ADVENT**  
Nov 28–Dec 24

**CHRISTMAS & EPIPHANY**  
Dec 25–Mar 1

**LENT**  
Mar 2–Apr 16

**EASTER**  
Apr 17–Jun 4

**PENTECOST**  
Jun 5

**ORDINARY TIME**  
Jun 6–Nov 26
PRAYERS
SUNDAY MORNING TO WEDNESDAY EVENING

BEALACH AN BÀ (PASS OF THE CATTLE), SCOTLAND
Murray Rodger
SUNDAY

Call
Open my lips, O Lord, and my mouth will declare your praise.
Psalm 51:15

Psalm
Read the Psalm of the day.

THE GLORIA
Glory be 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.

Adoration
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

Lesson
Read the New Testament passage of the day.

Prayer
Daw-k’yah-ee, ah-dawtsahy-ahn.
Daw-k’yah-ee, ah-dawtsahy-ahn.
Ahm dow gyah-daw ahn,
Ah-tsahn dow gyah-t’ah-awm.

Jesus, Son of God, we come to you to pray.
Jesus, Son of God, we come to you to pray.
To your house of worship
We come in this time of need;
We come to you, help us.

A traditional call to worship from the Kiowa people of North America, taken from Voices: Native American Hymns and Worship Resources

Abiding
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

PROMPTED PRAYER
• For a wonder at the passion and cross of Christ, who suffered for our sake
• For those who walk as enemies of Jesus and his body, the church
• For those who worship in nursing homes

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 debts, as we forgive our debtors; And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

Benediction
Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Ephesians 3:20–21
Call
From the rising of the sun to its setting, the name of the LORD is to be praised!
Psalm 113:3

Psalm
Read the Psalm of the day.

GLORIA IN EXCELSIS DEO
Glory be 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.

Adoration
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

Lesson
Read the Old Testament passage of the day.

Prayer
Holy, holy, holy, Lord God Almighty, who is and who was and who is to come. Let us praise and glorify him above all forever. Lord our God, you are worthy to receive praise and glory and honor and blessing. Let us praise and glorify him above all forever. The Lamb who was slain is worthy to receive power and divinity and wisdom and strength, and honor and glory and blessing. Let us praise and glorify him above all forever. Let us bless the Father and the Son with the Holy Spirit. Let us praise and glorify him above all forever.

A prayer of Francis of Assisi, Italy (1181–1226)

Abiding
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

INTERCESSORY PRAYER
Pray for the known needs of your church, neighborhood, city, and world.

Benediction
The LORD has taken away the judgments against you; he has cleared away your enemies. The King of Israel, the LORD, is in your midst; you shall never again fear evil.

Zephaniah 3:15
**MONDAY**

**CALL**
O LORD, I cry to you; in the morning my prayer comes before you.

*Psalm 88:13*

**PSALM**
Read the Psalm of the day.

**THE GLORIA**
Glory be 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.

**ADORATION**
Seasonal song selections can be found on pp. 45–49.

**LESSON**
Read the Old Testament passage of the day.

**PRAYER**
From the love of my own comfort From the fear of having nothing From a life of worldly passions Deliver me, O God From the need to be understood And from a need to be accepted From the fear of being lonely Deliver me, O God From the fear of serving others Oh, and from the fear of death or trial And from the fear of humility Deliver me, O God And I shall not want, no, I shall not want

When I taste Your goodness, I shall not want When I taste Your goodness, I shall not want Adapted from the song “I Shall Not Want” by Audrey Assad and Bryan Brown, ©2013 Capital Christian Music Group, Music Service, Inc.

**ABIDING**
*LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA*

**PROMPTED PRAYER**
- For a heart that acknowledges and enjoys the presence of Jesus
- For those who lead your congregation
- For activists and community organizers

**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 debts, as we forgive our debtors; And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

**BENEDICTION**
Blessed are those who hunger and thirst for righteousness, for they will be filled.

*Matthew 5:6 (NIV)*
CALL
Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice!
Psalm 141:2

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the New Testament passage of the day.

PRAYER
C: Kyrié eleison (Lord, have mercy) Christé eleison (Christ, have mercy) Kyrié eleison (Lord, have mercy)
The Kyrié

A: I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.
Galatians 2:20

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

INTERCESSORY PRAYER
Pray for the known needs of your church, neighborhood, city, and world.

BENEDICTION
Jesus Christ is the same yesterday and today and forever. Rest tonight in the unchangeable love of our Lord Jesus.
Based on Hebrews 13:8

MAR 28
PS. 90
EXOD. 18
HEB. 3:7–4:13

APR 4
PS. 96
EXOD. 24
HEB. 8

APR 11
PS. 36
ISA. 42:1–9
MATT. 21:12–46
**TUESDAY**

**Call**
The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

*Romans 8:26*

**PSALM**
*Read the Psalm of the day.*

**THE GLORIA**
Glory be 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.

**ADORATION**
*Silence or Song*

**PRAYER**
Protect us, Jesus, From the world, The flesh, And the devil. We pray in your name, Amen.

*Adapted from Canyon Road: A Book of Prayer*

**ABIDING**

**LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA**

**PROMPTED PRAYER**
- For peace in the midst of an anxious world
- For the witness of your congregation in its place
- For racial justice, reparation, and healing

**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 debts, as we forgive our debtors; And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

**BENEDICTION**
The Son of Man came not to be served but to serve, and to give his life as a ransom for many. Depart now in peace to serve in his name.

*Adapted from Mark 10:45*
CALL
Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!
Psalm 66:20

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the Old Testament passage of the day.

PRAYER
O Lord my God! Instruct my ignorance and enlighten my darkness. Thou art my King; take the entire possession of all my powers and faculties and let me be no longer under the dominion of sin. Give me a sincere and hearty repentance for all my offenses and strengthen by thy grace my resolutions on amendment and circumspection for the time to come. Grant me also the spirit of prayer and supplication according to thy own most gracious promises. Amen.

A prayer of Phillis Wheatley (1753–1784). Wheatley was born in West Africa, was trafficked into slavery as a young child, and was transported to the United States. She later became the first African American author to publish a book of poetry in the United States.

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

INTERCESSORY PRAYER
Pray for the known needs of your church, neighborhood, city, and world.

BENEDICTION
Blessed be the LORD, the God of Israel, from everlasting to everlasting! And let all the people say, “Amen!” Praise the LORD!
Psalm 106:48
WEDNESDAY

CALL
So you also must consider yourselves dead to sin and alive to God in Christ Jesus.
Romans 6:11

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the Old Testament passage of the day.

PRAYER
C: Great Shepherd, you brought the lost sheep home to the fold on your shoulders, you received the prayers and confession of the tax collector. O Lord, show your favor also to us, weak and sinful as we are today in your holy presence. Graciously receive our confessions, O Lord. Let your mercy surround your servants, and all our sins be blotted out by your pardon, through Jesus Christ our Lord.

A: Hear the Almighty say: “I will forgive their wickedness and will remember their sins no more.” In Christ, your sins are remembered no more. Rejoice today in the everlasting love of your Maker.
Adapted from Jeremiah 31:34 (NIV)

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

PROMPTED PRAYER
• For the wisdom that comes from remembering our mortality and limitations
• For those who have suffered an injury
• For those who are victims of human trafficking

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 debts, as we forgive our debtors; And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory, forever. Amen.

BENEDICTION
The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.
2 Corinthians 13:14
CALL
O God of our salvation, the hope of all the ends of the earth, you make the going out of the morning and the evening to shout for joy.
Psalm 65:5, 8

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the New Testament passage of the day.

PRAYER
O Lord Jesus
Please abide with me
Dispel my deep loneliness!
No one can be my companion forever
But you are the Lord who is everywhere
Present at all times
Only you are my dear companion and savior.

In the long dark night
Along the silent shadowy pathways
I beg you to grasp my hand.

When others have forgotten me
Please remember me in eternity!
In the name of Jesus, Amen.
A prayer of Andrew Song (1902–?) of China. Song was an author, theologian, and poet. Taken from Prayers and Thoughts of Chinese Christians.

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

PRAYER OF MINDFULNESS
Throughout the history of the church, Christians have incorporated practices of prayer that call to mind God’s presence in the moment, humbly and gratefully review the time that has passed, and look forward to the gift of another day. Pray through these prompts slowly, giving time to each step of the practice.

1. Become aware of God’s presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

BENEDICTION
The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace.
Numbers 6:24–26
PRACTICES
I read in Luke 3:7–14 about John the Baptist calling on people to repent. “What should we do then?” the crowd asked. John answered, “The man with two tunics should share with him who has none, and the one who has food should do the same.”

I thought on this first part of his answer before I moved on to the specific repentance agenda John the Baptist gives for tax collectors and soldiers. John’s first instruction seems to be a general one to the crowd. As I thought about it, I figured maybe this has something to do with me and you. As a Christian believer, I consider repentance necessary for a healthy spiritual life. I am conscious that I am a sinner. Sometimes I realize I have sinned, though I admit that sometimes my sins happen so fast by omission or commission, or by thought or attitude, that I didn’t even realize I was being tempted or acknowledge to myself or to God that I was doing wrong. Later, after the fact of my sinning, it sometimes comes home to me that I have failed God. Yes, sometimes I know full well that I am being tempted and choosing to sin. Those moments don’t make me feel good about myself.

Is it possible that John is exposing some sinfulness in me that I didn’t even realize I had when he says this to the crowd? What did I do except work hard enough and save enough to have food and clothes? Even before he comes, later in his remarks, to stealing and exploitation and oppression from authority, he is picking on regular, ordinary, working-type materialists, like us.

We are all materialists. We have to be to live in a material world, but Jesus nails us in Luke 12 about this propensity of ours to worry about normal and necessary things. Here John calls on us to share with those who have little. He is calling on those of us who might have only two tunics, or just a little extra food, to share with those who have none. This call would imply a sacrificial generosity and not simply a generosity of surplus.

This prompts me to pray and ask Jesus to help me look for those who have such need. I am prompted to think about and care even before someone asks me for help. Being preemptive in merciful giving to those without might actually be a better way of showing love than just responding in the moment to a request by a panhandler.

But it occurs to me that many of us don’t know any poor people. We don’t hang out with them, we don’t go to their neighborhoods, and we prefer to do our proactive mercy through agencies where we drop off our old clothes or canned goods. The repentant life, however, seems to want to affect my lifestyle. Oh, I do believe in grace, forgiveness, the washing away of my sins by the blood of Jesus, and that salvation is by faith. I don’t think of repenting to gain God’s favor. I think of it more as the way God wants me to live and that he can empower me to live by his supernatural power.
Use the following written prayer and additional prayer prompts to examine your practice of almsgiving.

“Lord, open my eyes to see the poor, to feel their need. Lord, move me to give once I see. Forgive me for waiting so long, for waiting until I no longer want what I have so that I can give without any loss to myself. Lord, give me faith and courage so that I won’t be afraid of becoming poor myself, that my security would not be my idolatry.”

1. Pray for the Lord to expose any (economic or material) areas in your heart where you are living by worry and not by faith. Examine yourself to see if you are trusting God for your daily bread, the clothes you wear, and the shelter you live in, and if your lack of trust has contributed to a lack of radical generosity and a failure to give things away.

2. Pray for a Holy Spirit–directed plan to become involved with the poor, or a low-income family, and to share with them. Pray for wisdom that both you and they are protected from an unwise codependency or exploitation.

3. Pray for the poor: the homeless, the single parents raising kids, the working poor who barely make it, the uninsured who are sick and in debt. Pray for great churches to minister and share with them. Pray for good government policy to protect them. Pray for their faith, that they would trust God even if it seems no one comes to their rescue.

Randy Nabors is pastor emeritus of New City Fellowship in Chattanooga, Tennessee, where he served as lead pastor for thirty-five years. He is the coordinator for urban and mercy ministries for Mission to North America for the PCA and the coordinator of the New City Network. He and his wife, Joan, live in Chattanooga and are the parents of four grown children.
One of my favorite scriptures is Psalm 46:10. The psalmist makes an imperative statement:

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

This passage clearly calls us to step away from the busyness of life and to come aside to rest a little while. Yes, we were created to be productive, but we were first created to be; that is why we are called human be-ings and not human do-ings.

To rest is a commandment from Yahweh. Exodus 20 informs us that God blessed us with six days to work, and on the seventh we are to rest (vv. 8–10). Rest is God’s idea and God’s command. The human body was not created to work endlessly. All things are complete when we take a pause, a holy sabbatical. To not rest is to not trust God. In other words, when we do not pull
away from the scheduled activities of life, we are saying, “God, I am not going to obey your commandment, because I have to get this, that, and the other done. I have some things to accomplish. The demands of my life are very important, and I cannot stop right now. Maybe later.” Unfortunately, far too many never see later.

In our culture we are accustomed to working until we cannot go any further. So today, my precious sisters and brothers, I encourage you to take a selah. Take a pause. Take a break. Stop. Cease. Be still and know that he is God. He is above every care or chore that you have. He is larger than any situation, so trust him to get it done in and through you or perhaps even without you. If he called you to it, he will get it completed in and through you.

**EXPLORATION**

Resting prayers are conscientious moments set aside by an individual to commune with Holy God. During these relational moments, we take the time to pull away in prayer, sit quietly, and soak deeply in his presence. Often our prayers are hurried formalities inspired by good intentions to spend time with God, but there is little communing. How can you develop more resting-focused prayers during your devotional time with God?

Questions for Reflection:

1. What are some disciplines you can incorporate into your life that can be guiding tools as you experience restful prayer?

2. Do you have a difficult time pulling away from a busy schedule? Why or why not?

3. When is your sabbath, and what does it look like?

4. What is God calling you to accomplish that you know cannot be carried out without you being obedient to practicing the sabbath?

5. List at least five people you can prayerfully and gingerly encourage to come away from the busyness of society as they focus more on just being.

Barbara L. Peacock (DMin, Gordon-Conwell Theological Seminary) is a spiritual director, an author, a teacher, and a preacher. She is the founder of Barbara L. Peacock Ministries, a ministry committed to developing disciples through prayer, spiritual direction, soul care, mentoring, and teaching.
Tomb of the Lord
Sergii Radkevych, 2011
Acrylic and aerosol on concrete
Polonyna Runa, Ukraine
Photo courtesy of the artist
Ashes (937 Metaphors)

Lauren Shea Little (Hofer), 2014

Digital video (hands, ashes, 3 minutes), duration: 27:35

Photos courtesy of the artist
**Ashes (937 Metaphors)**

*Statement from the artist*

*Ashes (937 Metaphors)* is one video piece within a much larger work on how our embodied actions are a self-forming liturgy, and is a visual requiem for the death of two beloved babies.

Human bodies are sacred, temples, cathedrals. I wrote the word “cathedral” 937 times on a sheet of paper and photographed my hands folding it over and over. I then burned the paper, reducing it down to ash. I recorded myself pressing the ash into my fingers and slowed the playback way down, such that there are twenty-seven minutes of contemplative space. There are frames where movement is imperceptible. The video was projected on a forty-foot-long gallery wall so that the viewer is totally absorbed into the slowness, the mourning, and the grief.

The following poem accompanies the work:

**The Ash and the Spring**

I watch the tension of colorless forms before me
They make advances at each other, smothering the in-between
Like two faces moving in for a kiss
It’s wonderfully slow
I grow unsettled in the waiting
But now I understand
They are not two faces
They are my two hands

I watch.

I keep imagining the water and the tree
I need them near to know their being on my frame
I press the particulates harder and harder into my hands
This is how I feel them
This is how I know them in ways I can, longer

The water says to me,
—*I make the salty sea sweet.*
—*I make the city glad.*

I long for this—I long for her.

The tree tells me,
—*My leaves are for healing.*
So I grind the mountain ash into my flesh
I push and press the stinging cinders
I need whatever breath I can have from him

I ache to feel them both on my face.

The grey film covers me, bruises me, buries me
I hear my heart quaking in my chest
I hear the blood rushing in my head
There is patience here and protection

These bitter seeds sprout a solemn Spring.
THE TEMPTATION OF JESUS

Chronicling the temptations of Christ in the wilderness at the beginning of his public ministry, these are two of forty-seven scenes from the life of Christ that Peruvian artist Juan Gualberto Ponce Piuca (b. 1938) has carved into a single gourd. In the first one, “40 días de ayuno” (40 Days of Fasting), Jesus prays to the Father for strength. The second one, labeled “¡Vete, Satanás! No tentarás al Señor tu Dios” (Be gone, Satan! Do not test the Lord your God), is based on Matthew 4:7, 10–11. After Jesus rebukes his attacker, Matthew says that “the devil left him, and behold, angels came and were ministering to him.” Ponce Piuca shows Satan tumbling back from the force of Christ’s command and an angel bringing Christ a bowl of food to assuage his hunger after an intense period of abstinence.

Mate burilado (gourd carving) is a traditional art form in Peru. To make a mate burilado, the gourd is harvested and dried. The artist draws a design on the gourd and then chisels it out using a tool called a buril, creating the light tones. The dark tones are made using burning sticks, a technique called quemado. Some artists color their gourds with ichu ashes, made from burnt grass. Like many artists before him, Ponce Piuca sets the gospel narrative in his own time and place, making it seem closer, more immediate. Thus, Jesus walks the highlands of Peru, wearing a chullo (wool hat), poncho, and knee-length trousers.

The Temptation of Jesus
Juan Gualberto Ponce Piuca, 1983
Scenes from a carved bottle gourd
Each ca. 4.5 × 5.5 cm (overall 39 × 11 cm)
© Mission 21 (Evangelisches Missionswerk Basel)
Artist Juan Gualberto Ponce Piussa at work
Trung Pham is a Vietnamese-born, Seattle-based artist, educator, and ordained Jesuit priest whose refugee experience and religious devotion have profoundly influenced his artistic practice. His academic concentration in his licentiate of sacred theology program was theological aesthetics, and he wrote his thesis on Joseph Ratzinger’s (Pope Emeritus Benedict XVI) notion of “extreme beauty”—that is, beauty not as sentimental loveliness but as love that goes to the very end, and which appears in the torn and disfigured flesh of Christ.

_Wound 6_ is part of a series of highly textural paintings that portray violent gashes. Paint is built up off the canvas like clotted blood—difficult to look at—but this “blood” is highlighted with gold, suggesting a suffering that’s redemptive. Pham said he wished to convey beauty in vulnerability and brokenness and hopes that viewers will see not just a slashing sense of violation but also a tenderness and fragility. Woundedness is universal, so the wound could be read as any physical, spiritual, social, or psychological rift, or it could be read more particularly as Christ’s spear-split side.

“I am doing theology through art. For art and for the church,” Pham says.

_Wound 6_  
*Trung Pham, 2015*  
Oil on canvas, 10 × 10 in.  
www.trung-pham.com
THURSDAY

CALL
Humble yourselves before the Lord, and he will exalt you.

James 4:10

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the New Testament passage of the day.

PRAYER
Lord, we offer you ourselves this day for the work you want accomplished, for the people you want us to meet, for the word you want to be uttered, for the silence you want to be kept, for the places you want us to enter, for the new ways you want pioneered. Go with us along the way, Lord, and enable us to realize your presence at all times and in all places, our loving Lord Jesus Christ.

PROMPTED PRAYER
• For humility
• For the poor and oppressed
• For those who work in the financial industry

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 debts, as we forgive our debtors; And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

BENEDICTION
I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

John 10:14–15

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

PRAYERS | PART 2
CALL
But you, O LORD, are a shield about me, my glory, and the lifter of my head.
Psalm 3:3

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the Old Testament passage of the day.

PRAYER
The cross is the hope of Christians
The cross is the resurrection of the dead
The cross is the savior of the lost
The cross is the staff of the lame
The cross is the guide of the blind
The cross is the strength of the weak
The cross is the doctor of the sick
The cross is the aim of the priests

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA
Pause at the end of this day. Enjoy communion with the living God:

INTERCESSORY PRAYER
Pray for the known needs of your church, neighborhood, city, and world.

BENEDICTION
I myself will be the shepherd of my sheep, and I myself will make them lie down, declares the Lord GOD.
Ezekiel 34:15
CALL
Our help is in the name of the LORD, who made heaven and earth.
Psalm 124:8

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the Old Testament passage of the day.

PRAYER
Thicken my love.
Widen my heart.
Sharpen my analysis.
Enliven my praxis.
Embolden my voice.
Deepen my rest.
Lighten my heaviness.
Toughen my skin.
Soften my spirit.
Strengthen my friendships.
Lengthen my endurance.
Weaken my ego.
Awaken my soul.
Refreshen my vision.
Hearken to my weary voice, O God.

I am your friend & co-conspirator in the struggle for a new world.
"An Activist’s Prayer" by Terrance Hawkins, an activist and faith leader in Winston-Salem, NC

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

PROMPTED PRAYER
• For the courage to “take up our cross” and follow Jesus
• For safety for those who are traveling
• For those who work in agriculture

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 debts, as we forgive our debtors; And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory, forever. Amen.

BENEDICTION
And we know that the Son of God has come and has given us understanding, so that we may know him who is true; and we are in him who is true, in his Son Jesus Christ. He is the true God and eternal life. Little children, keep yourselves from idols.
1 John 5:20–21
CALL
Even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

Psalm 139:12

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the New Testament passage of the day.

PRAYER
There is one comfort I have in this wilderness: that is, your sympathy. That which I endure today, you also faced. That which I fight against, you also fought. That which tempts me, also tempted you. Lord God, strengthen me against the tactics of my foe. Protect me from the snares of the devil. Keep me from falling. Make me stand. I require your presence and help. I do not want to give way to wrongdoing. Holy Spirit, fill me anew. Jesus, be my Strong Tower. Heavenly Father, hear my cry for help: enfold me in your love so that I may find satisfaction in you alone. I wait, God, in the power of your Holy Spirit, by faith.

Canyon Road: A Book of Prayer

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

INTERCESSORY PRAYER
Pray for the known needs of your church, neighborhood, city, and world.

BENEDICTION
Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

Psalm 127:1–2
MORNING PRAYER

SATURDAY

CALL
He regards the prayer of the destitute and does not despise their prayer.
Psalm 102:17

PSALM
Read the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the New Testament passage of the day.

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 power of 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,

PRAYER
Lord, show us deeply how important it is to be useless.
A prayer from Bangkok, Thailand, taken from Morning, Noon and Night

ABIDING
LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

PROMPTED PRAYER
• For freedom from living for the approval of others
• For a life of simplicity and freedom from the love of money
• For the flourishing of all people in your place, from the womb to the tomb

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 debts, as we forgive our debtors; And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.

BENEDICTION
“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”
John 16:33
CALL
In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.
Psalm 4:8

PSALM
Read again the Psalm of the day.

THE GLORIA
Glory be 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.

ADORATION
SILENCE OR SONG
Seasonal song selections can be found on pp. 45–49.

LESSON
Read the Old Testament passage of the day.

PRAYER
C: Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, grant us peace.
The Agnus Dei

A: Christ, our Passover lamb, has been sacrificed. Let us therefore celebrate the festival, not with the old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth.
1 Corinthians 5:7–8

PRAYER OF MINDFULNESS
1. Become aware of God’s presence.
2. Review this past week with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the week and pray from it.
5. Look toward tomorrow and the beginning of a new week.

A PRAYER FOR SABBATH
Creator God,
On the seventh day you rested and were refreshed.
Please help me now to enter into the rest of your Sabbath,
That I may cease from my work And delight in your care over my life Both now and forever,
Amen.

BENEDICTION
Lord, you now have set your servants free to go in peace as you have promised, for these eyes of ours have seen the savior, whom you have prepared for all the world to see: a light to enlighten the nations, and 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 will be forever. Amen.
The Nunc Dimittis (Song of Simeon), based on Luke 2:29–32
KYRIE
GRANT US FORGIVENESS

Ky-ri-e e-le-i-son, (echo)  Christ-e e-le-i-son, (echo)

Lord have mer-cy, (echo)  Christ have mer-cy, (echo)

Oh, grant us for-give-ness,

Oh, grant us peace.
MANOS CARIÑOSAS

1. Manos cariñosas, manos de Jesús,
Translation: Bleming hands of Jesus, hands whose tender touch gave so-lace and re-lief,

2. Manos que supieron calmar el dolor,
Hands whose ten-der touch gave cru-ci-fied for me,

Translation: Manos que llevaron la pesa do cruz.

¡Oh manos divinas de mi Reden-tor!

On a cross so hea- vy, nailed u-pon a tree,

Holy hands of Jesus, sooth ing pain and grief;

Sho-wing on-ly good- ness, to both foe and friend,

Fee-ding hun-gry peo-ple, brea-king fish and bread,

¡Glo-ria a esas manos! ¡Ale-lu-ya a-mén!

¡A-le- lu-ya a-mén!

Mas nos mi-la-grosas que la vi-da dan.

Glo-ry, al-le-lu-ia to those hands, A-men.

Wor-king signs and won-ders, rais-ing from the dead.

3. Manos que sufrieron el clavo y la cruz;
Manos redentoras de mi buen Jesús.

De esas manos bellas yo confiado estoy,

Ellas van guiando, pues al cielo voy.

Hands that bore the anguish of the brutal nails,

Hands that bought redemption, love that never fails,

Those sure hands will guide me, lest I go astray,

Pointing me to heaven on the pilgrim way.

4. ¡Oh Jesús tus manos yo las vi en visión!

Y vertí mi llanto con el corazón;

Ví sus dos heridas y la sangre vi

Que tú derramaste por salvarme a mí.

In a blessed vision, Lord, your hands I saw,

As my weeping spirit filled with love and awe,

Seeing wounds you suffered, nailed upon the tree,

And your blood so precious, shed in saving me.

TAKE MY LIFE AND LET IT BE

1. Take my life and let it be
2. Take my hands and let them move
3. Take my voice and let me sing,
4. Take my silver and my gold,
5. Take my will and make it Thine,
6. Take my love, my Lord, I pour

Consecrated, Lord, to Thee. Take my moments
At the impulse of Thy love. Take my feet and
Always, only for my King. Take my lips and
Not a mite would I withhold. Take my intellect-
It shall be no longer mine; Take my heart, it
At Thy feet its treasure store; Take myself and

and my days, Let them flow in endless praise,
let them be Swift and beautiful for Thee,
let them be Filled with messages from Thee,
is Thine own, It shall be Thy royal throne,
I will be Ever, only, all for Thee,

Let them flow in endless praise.
Swift and beautiful for Thee.
Filled with messages from Thee.
Every pow'r as Thou shalt choose.
It shall be Thy royal throne.
Ever, only, all for Thee.

HOSANNA

1. Holy, holy, holy Lord God of power and might
2. Eternal, unchanging, Tri-une Lord God of wisdom and truth
3. Sovereign, righteous, jealous Lord God of justice and wrath
4. Gracious, patient, faithful Lord God of kindness and love

Heaven and earth are filled with Your glory

Heaven and earth are filled with Your glory

San- na! San- na!

In the highest!

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