

# ✝ A PATHWAY OF PRAYER ✝

## Opening Confessions

*Breathe in. Breathe out.*

I am a finite creature. I'm not going to live forever. Let me number my days.

*Breathe in. Breathe out.*

I am a dependent creature. I can't do life on my own. I need other people.

*Breathe in. Breathe out.*

I am a hybrid creature. I'm not all physicality. I am spirituality with the capacity to commune with my creator.

## Opening Prayers

Eternal God, creator of heaven and earth, God of Abraham, Isaac, and Jacob, God of Israel, God and Father of our Lord and Savior Jesus Christ, true and living God who is Father, Son, and Holy Spirit, have mercy and hear our prayer.

O Lord, open our lips, and our mouths shall proclaim your praise.

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.  
[Hallelujah.]

O God, make speed to save us. O Lord, make haste to help us.

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.  
[Hallelujah.]

## The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me [a sinner].

## Confession of Sin

Most merciful God, we confess that we have sinned against you in thought, word, and deed by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will and walk in your ways, to the glory of your name. Amen.

## Psalm for the Day

*The Psalm for the day aligns itself with the day of the year. We read one psalm per day out loud as a prayer.*

## Scripture Reading from the *Daily Office Lectionary*

## The Apostles' 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 the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## **The Prayer for the Week**

*These prayers are taken from The Book of Common Prayer and can be found in the Daily Office Lectionary.*

## **The Lord's Prayer**

Our Father who art in heaven hallowed be thy name, thy kingdom come thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory forever. Amen.

## **Petition and Intercession**

*Offer prayers for whatever is on your heart.*

## **Contemplative Prayer**

*This is prayer without words, sitting silently in the presence of God. Remain quiet, acknowledging the presence of Jesus with you. Focus on your breathing.*

*If your mind starts to wonder, focus your attention on the words of the Jesus Prayer— Lord Jesus Christ, Son of God, have mercy*

*on me. You may find it helpful to pray the Jesus Prayer before your time of contemplation.*

## **Prayer to the Crucified Christ**

Lord Jesus, you stretched out your arms of love upon the hard wood of the cross that everyone might come within the reach of your saving embrace. So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you, for the honor of your name. Amen.

## **Prayer for Peace**

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

## **Prayer of St. Francis**

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O Divine Master, grant that I 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. Amen.

## Closing Prayers

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ has died.

Christ is risen.

Christ will come again.

Lord Jesus Christ, Son of God, have mercy on me.

In the name of the Father, Son, and Holy Spirit, Amen.



## The Psalm for the Day

Date	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
1	1	32	60	91	121	2	32	63	94	124	5	35
2	2	33	61	92	122	3	33	64	95	125	6	36
3	3	34	62	93	123	4	34	65	96	126	7	37
4	4	35	63	94	124	5	35	66	97	127	8	38
5	5	36	64	95	125	6	36	67	98	128	9	39
6	6	37	65	96	126	7	37	68	99	129	10	40
7	7	38	66	97	127	8	38	69	100	130	11	41
8	8	39	67	98	128	9	39	70	101	131	12	42
9	9	40	68	99	129	10	40	71	102	132	13	43
10	10	41	69	100	130	11	41	72	103	133	14	44
11	11	42	70	101	131	12	42	73	104	134	15	45
12	12	43	71	102	132	13	43	74	105	135	16	46
13	13	44	72	103	133	14	44	75	106	136	17	47
14	14	45	73	104	134	15	45	76	107	137	18	48
15	15	46	74	105	135	16	46	77	108	138	19	49
16	16	47	75	106	136	17	47	78	109	139	20	50
17	17	48	76	107	137	18	48	79	110	140	21	51
18	18	49	77	108	138	19	49	80	111	141	22	52
19	19	50	78	109	139	20	50	81	112	142	23	53
20	20	51	79	110	140	21	51	82	113	143	24	54
21	21	52	80	111	141	22	52	83	114	144	25	55
22	22	53	81	112	142	23	53	84	115	145	26	56
23	23	54	82	113	143	24	54	85	116	146	27	57
24	24	55	83	114	144	25	55	86	117	147	28	58
25	25	56	84	115	145	26	56	87	118	148	29	59
26	26	57	85	116	146	27	57	88	119	149	30	60
27	27	58	86	117	147	28	58	89	120	150	31	61
28	28	59	87	118	148	29	59	90	121	1	32	62
29	29		88	119	149	30	60	91	122	2	33	63
30	30		89	120	150	31	61	92	123	3	34	64
31	31		90		1		62	93		4		65