

Spiritual Exercises for Lent and Easter

Introduction

During the remainder of Lent and Easter, we are calling the people of Brunswick Baptist Church to prayer, that we might together hear, see and feel what God is calling us to in the midst of our current crisis of leadership.

Prayer involves many movements of the human mind and spirit, but the first movement should always be to listen. For the God of Jesus Christ is not a silent God. God has spoken through the Law and the Prophets, through the Word made flesh in Jesus Christ, and continues to speak through the ongoing action of the Holy Spirit in Christ's church and world.

Unfortunately, listening for God is difficult these days. We are inundated by a great many loud voices, for ever clamouring for our attention, our love and even our money! The 'still, small' voice of God can often be lost in all the hubbub. That is why the Christian tradition has always insisted that listening for God requires a form of discipline: the discipline of setting time aside **daily** for a deliberate listening for the voice of God in the practice known as 'prayer'.

READ ON TO FIND OUT . . .

1. **What daily prayer actually is**
2. **What a suggested pattern of daily prayer might look like**
3. **Why this pattern might be a good thing to follow**
4. **How to use a lectionary (scheduled list of bible readings) for daily prayer**
5. **How to meditate upon the scriptures set for each day in a prayerful manner**

What do we mean by 'daily prayer'?

As with Sunday worship, there is a long tradition behind the practice of daily prayer. Daily prayer has its roots in the Jewish practise of praying to God at certain prescribed times: morning, afternoon and night. Christianity inherited these hours, and encouraged its earliest adherents to pray at least the morning (*Matins*) and evening (*Vespers*) hours every day. With the rise of monasticism, the hours were gradually extended to also include *Prime* (during the first hour of daylight), *Terce* (at the third hour), *Sext* (at the sixth hour), *None* (at the ninth hour) and *Compline* (immediately before retiring to bed). Monks were able to pray these extra hours because the 'work of their hands' was reserved for the afternoon only. Mornings and evenings, on the other hand, were spent in the work of praying the hours. That the monastic hours of prayer rarely took on beyond monastery walls is hardly surprising, for most ordinary Christians had *non*-liturgical work to do during the day.

How should daily prayer be patterned?

Most contemporary patterns for daily prayer are based upon the ancient structures of morning and evening prayer, as these are the hours that can most easily be prayed by the 'secular' people of God. Contemporary patterns also assume that the prayers can be prayed by a congregation, but acknowledge that this is rarely possible in our highly mobile world. A fairly common ecumenical approach would go something like this:

Opening versicles and responses

Psalms of the Day

(read or sung antiphonally)

Silence

Scripture (OT or NT)

Silence

[Morning or Evening Canticle]

Prayers:

Confession,
Thanksgiving & Invocation (Collect),
Intercessions,
the Lord's Prayer

Blessing (of God) and Dismissal

You will note that this pattern of prayer shares certain *similarities* with the Sunday Service of the Lord's Day. After gathering prayers that also give praise to God, Scripture is recited and meditated upon in silence. The prayers that follow function as an explicit response to the readings, and ordinarily include confession, thanksgiving and petition. The liturgy concludes with a blessing and dismissal. But there are *differences* as well. The gathering prayers are relatively brief. More than one Psalm may be recited (up to four, in some traditions). There is only one lection apart from the Psalms. There is no sermon or Eucharist. And the final blessing and dismissal includes a call for the congregation to *bless God* (rather than each other).

Versions of Morning and Evening Prayer may be plentifully found in Christian bookshops and on the internet. My website also contains a section of orders for Daily Prayer which you are very welcome to use: <http://www.deverell.net/dailyprayer.html>

What is so great about using this pattern for daily devotions?

As Protestants of Reformed and evangelical inheritance, we are of course free to use this order or *not* to use this order. In my view, the advantages of using this pattern (if only in a modified form) far outweigh the disadvantages. The advantages include:

(a) the sense that we are praying in a form, and with a theological purpose, that is shared by the vast majority of Christians around the world, past and present;

(b) a sense that we are engaging with an expansive range of Scripture across any given year through the use of a lectionary for daily prayer;

(c) this pattern guarantees that we will engage with God in and through a full range of divine and human experience: praise, lament, contemplation, confession, thanksgiving, petition and intercession.

The disadvantage of course (and this is the most common Baptist complaint) is that such prayer can begin to feel stale or legalistic. In my experience this danger can be mitigated, somewhat, by reminding oneself that free and spontaneous 'bursts' of prayer are perfectly legitimate both *within* this structure and beyond it, through the whole business of the day!

Using a lectionary (list of bible readings) with daily prayer

As the reading of Scripture stands at the heart of this ecumenical tradition of daily prayer, it is a good idea to use a list of readings set out across a significant period of time in such a way that you are actually ***taken somewhere*** in your meditations, taken on a kind of pilgrimage with Christ from birth, to baptism and ministry, on into resurrection life and ascension to God. If you want to learn more about how lectionaries work, about their theology and spirituality, take a look at this article on my website: "The Revised Common Lectionary: an invitation to practise the way of Christ" (http://www.deverell.net/lectionary_talk.pdf). There are various lectionaries for daily prayer, usually operating on a two-year cycle that seeks to engage with the seasons of the Christian year.

A good, and easily accessible, ecumenical lectionary may be found in various formats at: <http://almanac.oremus.org/lectionary/2011.html>. Download in whatever form you prefer.

The lections (readings) you are encouraged to use for the **remaining days of Lent and Easter** are included as an appendix at the end of this guide.

How to meditate on the Scriptures within an order of daily prayer

This exercise may be used either on its own, or (more helpfully in my view) in conjunction with the order of daily prayer I outlined above. When used with a daily order, I recommend that the exercise is used when the opening prayers have been completed, in conjunction with the Scripture readings themselves. This exercise, usually known as *Lectio Divina* or 'sacred reading', was always meant for this kind of use. There are several ways to do it, but I recommend the following process:

1. Come to quiet

When you have said the opening prayers, seat yourself comfortably in a quiet place. Light a candle. Watch the candle-light and repeat the phrase "Come, Lord Jesus, Come" over and over until you feel relaxed in body and quiet within.

2. Read one of the texts set for the day over, slowly and carefully

Actually, this means reading the text twice. Read it once, all the way through, and out loud if possible. But then read it again, slowly, until you settle on a particular word or phrase which seems particularly significant for your own life at present.

3. meditate upon the meaning of the text

What does this word or phrase mean for you? What is God wanting to say? Writing or drawing may help to give shape to your thoughts.

4. *move into a space of contemplation where your mind is emptied in order to listen for God's voice*

Gazing at the candle again, chant your word or phrase over for a couple of minutes. Then be quiet and listen for at least five minutes, and longer if it seems right to do so. When you are done, continue the written prayers at the 'Lord, have mercy' and the intercessions.

Praying in the manner of the *Lectio Divina* will perhaps feel strange if you have never done it before, but if you persist until the end of Easter it is likely to have become second nature. And there will also be a great deal of fruit to show for your efforts.

God's blessing be with you as you seek to truly hear God's voice.

Garry Deverell

Daily Lectionary for the remainder of Lent and the Easter Season 2011

Mon 4 Apr

Morning Prayer
Psalm 70, 77 (or) 44
Jeremiah 17.5-18
John 9.18-end

Evening Prayer
Psalm 25, 28 (or) 47, 49
Exodus 2.11-22
Hebrews 9.1-14

Tue 5 Apr

Morning Prayer
Psalm 54, 79 (or) 48, 52
Jeremiah 18.1-12
John 10.1-10

Evening Prayer
Psalm 80, 82 (or) 50
Exodus 2.23-3.20
Hebrews 9.15-end

Wed 6 Apr

Morning Prayer
Psalm 63, 90 (or) 119.57-80
Jeremiah 18.13-end
John 10.11-21

Evening Prayer
Psalm 52, 91 (or) 59, 60, (67)
Exodus 4.1-23
Hebrews 10.1-18

Thu 7 Apr

Morning Prayer
Psalm 53, 86 (or) 56, 57, (63*)
Jeremiah 19.1-13
John 10.22-end

Evening Prayer
Psalm 94 (or) 61, 62, 64
Exodus 4.27-6.1
Hebrews 10.19-25

Fri 8 Apr

Morning Prayer
Psalm 102 (or) 51, 54
Jeremiah 19.14-20.6
John 11.1-16

Evening Prayer
Psalm 13, 16 (or) 38
Exodus 6.2-13
Hebrews 10.26-end

Sat 9 Apr Commemoration: Dietrich Bonhoeffer, Lutheran Pastor, Martyr, 1945

Morning Prayer
Psalm 32 (or) 68
Jeremiah 20.7-end
John 11.17-27

Evening Prayer
Psalm 140, 141, 142 (or) 65, 66
Exodus 7.8-end
Hebrews 11.1-16

Sun 10 Apr Fifth Sunday of Lent

Morning Service
Ezekiel 37.1-14
Psalm 130
Romans 8.6-11
John 11.1-45

Evening Prayer
Psalm 30
Lamentations 3.19-33
Matthew 20.17-34

Mon 11 Apr

Morning Prayer
Psalm 73, 121 (or) 71
Jeremiah 21.1-10
John 11.28-44

Evening Prayer
Psalm 26, 27 (or) 72, 75
Exodus 8.1-19
Hebrews 11.17-31

Tue 12 Apr

Morning Prayer
 Psalm 35, 123 (or) 73
 Jeremiah 22.1-5, 13-19
 John 11.45-end

Evening Prayer
 Psalm 61, 64 (or) 74
 Exodus 8.20-end
 Hebrews 11.32-12.2

Wed 13 Apr

Morning Prayer
 Psalm 55, 124 (or) 77
 Jeremiah 22.20-23.8
 John 12.1-11

Evening Prayer
 Psalm 56, 62 (or) 119.81-104
 Exodus 9.1-12
 Hebrews 12.3-13

Thu 14 Apr

Morning Prayer
 Psalm 40, 125 (or) 78.1-39
 Jeremiah 23.9-32
 John 12.12-19

Evening Prayer
 Psalm 42, 43 (or) 78.40-end
 Exodus 9.13-end
 Hebrews 12.14-end

Fri 15 Apr

Morning Prayer
 Psalm 22, 126 (or) 55
 Jeremiah 24
 John 12.20-36a

Evening Prayer
 Psalm 31 (or) 69
 Exodus 10
 Hebrews 13.1-16

Sat 16 Apr

Morning Prayer
 Psalm 23, 127 (or) 76, 79
 Jeremiah 25.1-14
 John 12.36b-end

Evening Prayer
 Psalm 128, 129, 130 (or) 81, 84
 Exodus 11
 Hebrews 13.17-end

Sun 17 Apr Palm Sunday (beginning of Holy Week)

Liturgy of the Palms:
 Matthew 21.1-11
 Psalm 118.1-2,19-29*
Liturgy of the Passion:
 Isaiah 50.4-9a
 Psalm 31.9-16*
 Philippians 2.5-11

Matthew 26.14 - 27.66 or
 Matthew 27.11-54

Evening Prayer
 Psalms 61, 62
 Zechariah 9.9-12
 Luke 16.19-31

Mon 18 Apr

Morning Prayer
 Psalm 36.5-11
 Isaiah 42.1-9
 John 12.1-11

Evening Prayer
 Psalm 25
 Lamentations 2.8-19
 Colossians 1.18-23

Tue 19 Apr

Morning Prayer
 Psalm 27
 Lamentations 3.1-18
 Luke 22.24-53 (or 39-53)

Evening Prayer
 Psalm 55.13-24
 Lamentations 3.40-51
 Galatians 6.11-18

Wed 20 Apr*Morning Prayer*

Psalm 102*

Jeremiah 11.18-20

Luke 22.54-71

Evening Prayer

Psalm 88

Isaiah 63.1-9

Revelation 14.18 - 15.4

Thu 21 Apr Maundy Thursday*Morning Prayer*

Psalms 42, 43

Leviticus 16.2-24

Luke 23.1-25

Evening Service

Exodus 12.1-4[5-10] 11-14

Psalm 116.1,10-17

1 Corinthians 11.23-26

John 13.1-17,31b-35

Fri 22 Apr Good Friday*Morning Prayer*

Psalm 69

Genesis 22.1-18

Hebrews 10.1-10

Adoration of the Cross

Isaiah 52.13 - 53.12

Psalm 22*

Hebrews 10.16-25 *or*

Hebrews 4.14-16; 5.7-9

John 18.1 - 19.42

Sat 23 Apr Holy Saturday*Morning Prayer*

Psalm 142

Hosea 6.1-6

John 2.18-22

Easter Vigil (First service of Easter)

Genesis 1.1 - 2.4a Psalm 136.1-9,23-26

Genesis 7.1-5,11-18; 8.6-18; 9.8-13

Psalm 46

Genesis 22.1-18 Psalm 16

Exodus 14.10-31; 15.20,21 Canticle:

Exodus 15.1b-13,17,18

Isaiah 55.1-11 Canticle: Isaiah 12.2-6

Baruch 3.9-15,32 - 4.4 *or*

Proverbs 8.1-8,19-21; 9.4b-6 Psalm 19

Ezekiel 36.24-28 Psalms 42, 43

Ezekiel 37.1-14 Psalm 143

Zephaniah 3.14-20 Psalm 98

Romans 6.3-11

Psalm 114

Matthew 28.1-10

Sun 24 Apr Feast of the Resurrection*Morning service*Acts 10.34-43 *or*

Jeremiah 31.1-6

Psalm 118.1-2,14-24*

Colossians 3.1-4 *or*

Acts 10.34-43

Matthew 28.1-10

*Evening Prayer*Psalm 105 *or* 66.1-11

Song of Solomon 3.2-5; 8.6,7

John 20.11-18

Revelation 1.12-18

Mon 25 Apr*Morning Prayer*

Psalm 111, 117, 146

Song of Solomon 1.9-2.7

Mark 16.1-8

Evening Prayer

Psalm 135

Exodus 12.1-14

1 Corinthians 15.1-11

Tue 26 Apr*Morning Prayer*

Psalm 112, 147.1-12

Song of Solomon 2.8-end

Luke 24.1-12

Evening Prayer

Psalm 136

Exodus 12.14-36

1 Corinthians 15.12-19

Wed 27 Apr

Morning Prayer
 Psalm 113, 147.13-end
 Song of Solomon 3
 Matthew 28.16-end

Evening Prayer
 Psalm 105
 Exodus 12.37-end
 1 Corinthians 15.20-28

Thu 28 Apr

Morning Prayer
 Psalm 114, 148
 Song of Solomon 5.2-6.3
 Luke 7.11-17

Evening Prayer
 Psalm 106
 Exodus 13.1-16
 1 Corinthians 15.29-34

Fri 29 Apr

Morning Prayer
 Psalm 115, 149
 Song of Solomon 7.10-8.4
 Luke 8.41-end

Evening Prayer
 Psalm 107
 Exodus 13.17-14.14
 1 Corinthians 15.35-50

Sat 30 Apr

Morning Prayer
 Psalm 116, 150
 Song of Solomon 8.5-7
 John 11.17-44

Evening Prayer
 Psalm 145
 Exodus 14.15-end
 1 Corinthians 15.51-end

Sun 1 May The Second Sunday of Easter

Morning Service
 Acts 2.14a,22-32
 Psalm 16
 1 Peter 1.3-9
 John 20.19-31

Evening Prayer
 Psalm 30.1-5
 Daniel 6.1-23 or 6.6-23
 Mark 15.46 - 16.8

Mon 2 May

Morning Prayer
 Psalms 5, 146
 2 Timothy 2.3-13
 John 15.18-21

Evening Prayer
 Psalms 3, 11
 Isaiah 43.1-7
 John 15.1-8

Tue 3 May Commemoration: Mark the Evangelist

Morning Prayer
 Psalm 119.9-16
 Ephesians 4.7-16
 Mark 13.5-13

Evening Prayer
 Psalm 45
 Ezekiel 1.4-14
 2 Timothy 4.1-11

Wed 4 May Commemoration: Philip and James, Apostles

Morning Prayer
 Psalms 139, 146
 Ephesians 1.3-10
 John 14.1-14

Evening Prayer
 Psalm 149
 Job 23.1-12
 John 1.43-51

Thu 5 May

Morning Prayer
Psalm 28, 29 (or) 14, 15, 16
Deuteronomy 4.1-14
John 21.1-14

Evening Prayer
Psalm 34 (or) 18
Exodus 17
Colossians 2.16-3.11

Fri 6 May

Morning Prayer
Psalm 57, 61 (or) 17, 19
Deuteronomy 4.15-31
John 21.15-19

Evening Prayer
Psalm 118 (or) 22
Exodus 18.1-12
Colossians 3.12-4.1

Sat 7 May

Morning Prayer
Psalm 63, 84 (or) 20, 21, 23
Deuteronomy 4.32-40
John 21.20-end

Evening Prayer
Psalm 66 (or) 24, 25
Exodus 18.13-end
Colossians 4.2-end

Sun 8 May The Third Sunday of Easter

Morning Service
Acts 2.14a,36-41
Psalm 116.1-3,10-17
1 Peter 1.17-23
Luke 24.13-35

Evening Prayer
Psalm 48
Haggai 1.13 - 2.9
1 Corinthians 3.10-17

Mon 9 May

Morning Prayer
Psalm 96, 97 (or) 27, 30
Deuteronomy 5.1-22
Ephesians 1.1-14

Evening Prayer
Psalm 61, 65 (or) 26, 28, 29
Exodus 19
Luke 1.1-25

Tue 10 May

Morning Prayer
Psalm 98, 99, 100 (or) 32, 36
Deuteronomy 5.22-end
Ephesians 1.15-end

Evening Prayer
Psalm 71 (or) 33
Exodus 20.1-21
Luke 1.26-38

Wed 11 May

Morning Prayer
Psalm 105 (or) 34
Deuteronomy 6
Ephesians 2.1-10

Evening Prayer
Psalm 67, 72 (or) 119.33-56
Exodus 24
Luke 1.39-56

Thu 12 May

Morning Prayer
Psalm 136 (or) 37*
Deuteronomy 7.1-11
Ephesians 2.11-end

Evening Prayer
Psalm 73 (or) 39, 40
Exodus 25.1-22
Luke 1.57-end

Fri 13 May

Morning Prayer
 Psalm 107 (or) 31
 Deuteronomy 7.12-end
 Ephesians 3.1-13

Evening Prayer
 Psalm 77 (or) 35
 Exodus 28.1-4a, 29-38
 Luke 2.1-20

Sat 14 May Commemoration: Matthias the Apostle

Morning Prayer
 Psalm 15, 16 or 147.1-12
 Acts 1.15-26
 John 15.9-17

Evening Prayer
 Psalm 80
 1 Samuel 16.1-13a
 Matthew 7.15-27

Sun 15 May The Fourth Sunday of Easter

Morning Service
 Acts 2.42-47
 Psalm 23
 1 Peter 2.19-25
 John 10.1-10

Evening Prayer
 Psalm 29.1-10
 Ezra 3.1-13
 Ephesians 2.11-22

Mon 16 May Commemoration: Caroline Chisholm, Social Reformer, 1877

Morning Prayer
 Psalm 103 (or) 44
 Deuteronomy 9.1-21
 Ephesians 4.1-16

Evening Prayer
 Psalm 112, 113, 114 (or) 47, 49
 Exodus 32.1-14
 Luke 2.41-end

Tue 17 May

Morning Prayer
 Psalm 139 (or) 48, 52
 Deuteronomy 9.23-10.5
 Ephesians 4.17-end

Evening Prayer
 Psalm 115, 116 (or) 50
 Exodus 32.15-34
 Luke 3.1-14

Wed 18 May

Morning Prayer
 Psalm 135 (or) 119.57-80
 Deuteronomy 10.12-end
 Ephesians 5.1-14

Evening Prayer
 Psalm 47, 48 (or) 59, 60, (67)
 Exodus 33
 Luke 3.15-22

Thu 19 May

Morning Prayer
 Psalm 118 (or) 56, 57, (63*)
 Deuteronomy 11.8-end
 Ephesians 5.15-end

Evening Prayer
 Psalm 81, 85 (or) 61, 62, 64
 Exodus 34.1-10, 27-end
 Luke 4.1-13

Fri 20 May

Morning Prayer
 Psalm 33 (or) 51, 54
 Deuteronomy 12.1-14
 Ephesians 6.1-9

Evening Prayer
 Psalm 36, 40 (or) 38
 Exodus 35.20-36.7
 Luke 4.14-30

Sat 21 May

Morning Prayer
 Psalm 34 (or) 68

Deuteronomy 15.1-18
 Ephesians 6.10-end

Evening Prayer
Psalm 84, 86 (or) 65, 66

Exodus 40.17-end
Luke 4.31-37

Sun 22 May The Fifth Sunday of Easter

Morning Service
Acts 7.55-60
Psalm 31.1-5,15-16*
1 Peter 2.2-10
John 14.1-14

Evening Prayer
Psalm 147.1-12
Zechariah 4.1-10
Revelation 21.1-14

Mon 23 May

Morning Prayer
Psalm 145 (or) 71
Deuteronomy 16.1-20
1 Peter 1.1-12

Evening Prayer
Psalm 105 (or) 72, 75
Numbers 9.15-end;10.33-end
Luke 4.38-end

Tue 24 May Commemoration: John and Charles Wesley, Evangelists & Hymn Writers

Morning Prayer
Psalm 19, 147.1-12 (or) 73
Deuteronomy 17.8-end
1 Peter 1.13-end

Evening Prayer
Psalm 96, 97 (or) 74
Numbers 11.1-33
Luke 5.1-11

Wed 25 May

Morning Prayer
Psalm 30, 147.13-end (or) 77
Deuteronomy 18.9-end
1 Peter 2.1-10

Evening Prayer
Psalm 98, 99, 100 (or) 119.81-104
Numbers 12
Luke 5.12-26

Thu 26 May Commemoration: John Calvin, Reformer, 1564

Morning Prayer
Psalm 57, 148 (or) 78.1-39
Deuteronomy 19
1 Peter 2.11-end

Evening Prayer
Psalm 104 (or) 78.40-end
Numbers 13.1-3, 17-end
Luke 5.27-end

Fri 27 May

Morning Prayer
Psalm 138, 149 (or) 55
Deuteronomy 21.22-22.8
1 Peter 3.1-12

Evening Prayer
Psalm 66 (or) 69
Numbers 14.1-25
Luke 6.1-11

Sat 28 May

Morning Prayer
Psalm 146, 150 (or) 76, 79
Deuteronomy 24.5-end
1 Peter 3.13-end

Evening Prayer
Psalm 118 (or) 81, 84
Numbers 14.26-end
Luke 6.12-26

Sun 29 May The Sixth Sunday of Easter

Morning Service
Acts 17.22-31
Psalm 66.7-18
1 Peter 3.13-22
John 14.15-21

Evening Prayer
Psalms 87, 36.5-10
Zechariah 8.1-13
Revelation 21.22 - 22.5

Mon 30 May Commemoration: Joan of Arc, Visionary, 1431

Morning Prayer

Psalm 65, 67 (or) 80, 82

Deuteronomy 26

1 Peter 4.1-11

Evening Prayer

Psalm 121, 122, 123 (or) 85, 86

Numbers 16.1-35

Luke 6.27-38

Tue 31 May

Morning Prayer

Psalms 85, 150

Zephaniah 3.14-18

Romans 12.9-16

Evening Prayer

Psalms 122, 127, 128

Zechariah 2.10-13

John 3.25-30

Wed 1 Jun Commemoration: Justin, Martyr at Rome, c.165

Morning Prayer

Psalm 132, 133 (or) 119.105-128

Deuteronomy 28.58-end

1 Peter 5

*Evening Prayer on the Eve of
Ascension Day*

Psalms 15, 24

2 Samuel 23.1-5

Colossians 2.20 - 3.4

Thu 2 Jun Feast of the Ascension

Morning Prayer

Psalm 8

2 Kings 2.1-15

Revelation 5

Evening Service

Acts 1.1-11 or Daniel 7.9-14

Psalm 47 or Psalm 93

Ephesians 1.15-23 or Acts 1.1-11

Luke 24.44-53

Fri 3 Jun Commemoration: The Martyrs of Uganda, 1885-7 and 1977

Morning Prayer

Psalm 20, 81 (or) 88, (95)

Deuteronomy 29.2-15

1 John 1.1-2.6

Evening Prayer

Psalm 145 (or) 102

Numbers 20.1-13

Luke 7.11-17

Sat 4 Jun

Morning Prayer

Psalm 21, 47 (or) 96, 97, 100

Deuteronomy 30

1 John 2.7-17

Evening Prayer

Psalm 84, 85 (or) 104

Numbers 21.4-9

Luke 7.18-35

Sun 5 Jun The Seventh Sunday of Easter

Morning Service

Acts 1.6-14

Psalm 68.1-10,32-35

1 Peter 4.12-14; 5.6-11

John 17.1-11

Evening Prayer

Psalm 47

2 Samuel 23.1-5

Ephesians 1.15-23

Mon 6 Jun

Morning Prayer

Psalm 93, 96, 97 (or) 98, 99, 101

Deuteronomy 31.1-13

1 John 2.18-end

Evening Prayer

Psalm 18 (or) 105* (or 103)

Numbers 22.1-35

Luke 7.36-end

Tue 7 Jun

Morning Prayer
 Psalm 98, 99,100 or 106
 Deuteronomy 31.14-29
 1 John 3.1-10

Evening Prayer
 Psalm 68 or 107
 Numbers 22.36-23.12
 Luke 8.1-15

Wed 8 Jun

Morning Prayer
 Psalm 2, 29 (or) 110, 111, 112
 Deuteronomy 31.30-32.14
 1 John 3.11-end

Evening Prayer
 Psalm 36, 46 (or) 119.129-152
 Numbers 23.13-end
 Luke 8.16-25

Thu 9 Jun Commemoration: Columba, Abbot of Iona, Missionary, 597

Morning Prayer
 Psalm 24, 72 (or) 113, 115
 Deuteronomy 32.15-47
 1 John 4.1-6

Evening Prayer
 Psalm 139 (or) 114, 116, 117
 Numbers 24
 Luke 8.26-39

Fri 10 Jun

Morning Prayer
 Psalm 28, 30 (or) 139
 Deuteronomy 33
 1 John 4.7-end

Evening Prayer
 Psalm 147 (or) 130, 131, 137
 Numbers 27.12-end
 Luke 8.40-end

Sat 11 Jun Commemoration: Barnabas the Apostle

Morning Prayer
 Psalms 100, 101, 117
 Acts 11.19-30
 John 15.12-17

Evening Prayer on the Eve of Pentecost
 Psalm 48
 Deuteronomy 16.9-15
 John 15.26 - 16.15

Sun 12 Jun Day of Pentecost (Whit Sunday)

Morning Service
 Acts 2.1-21 or Numbers 11.24-30
 Psalm 104.26-36,37b
 1 Corinthians 12.3b-13 or Acts 2.1-21
 John 20.19-23 or John 7.37-39

Evening Prayer
 Psalms 67, 133 [13-18, 23-24]
 Joel 2.21-32
 Acts 2.14-21[22-38]