



TABLE OF CONTENTS

About Psalms in 30 Days	3
About Trevin Wax	4
About the CSB	5
Available Editions	6
Introduction from Trevin Wax	7
Sample of First 3 Days	10



PSALMS IN 30 DAYS

Across the generations, many Christians have made a habit of praying monthly through all 150 psalms—the biblical songs that undergird much of our corporate worship and individual devotion. Over thousands of years of memorization, recitation, and singing, the people of God have found in the Psalms a God-centered view of reality that speaks to all our joys, trials, times of suffering, and experiences of faith and doubt.

In *Psalms in 30 Days*, author and teacher Trevin Wax has adapted a centuries-old approach to reading the Psalms by providing a "Morning," "Midday" and "Evening" pattern, following the Scriptural precedent for praying three times a day. This journey through the Psalms features other songs from the Bible, confessions of faith, and written prayers from faithful Christians who have gone before us. Here is a guide to praying through the Psalms each month by lifting our eyes, three times a day, to see and experience the goodness and faithfulness of God in the midst of all things.

Psalms in 30 Days features the highly readable, highly reliable text of the Christian Standard Bible® (CSB). The CSB stays as literal as possible to the Bible's original meaning without sacrificing clarity, making it easier to engage with Scripture's life-transforming message and to share it with others.



ABOUT TREVIN WAX

Trevin Wax is vice president of research and resource development at the North American Mission Board and a visiting professor at Wheaton College. A former missionary to Romania, Trevin is a regular columnist at The Gospel Coalition and has contributed to The Washington Post, Religion News Service, World, and Christianity Today, which named him one of 33 millennials shaping the next generation of evangelicals. Some of his books are Rethink Your Self, This Is Our Time, and Gospel-Centered Teaching. He and his wife Corina have three children.

THE CSB WAS CREATED TO HELP MORE
PEOPLE READ AND UNDERSTAND THE
WORD OF GOD.



ACCURATE. READABLE. SHAREABLE.

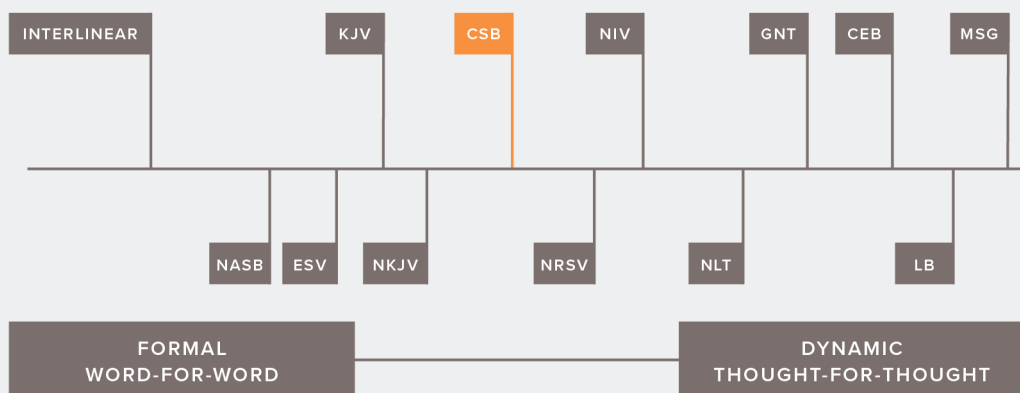
The Christian Standard Bible presents the truth of God's Word with accuracy and clarity for today's readers, equipping them for lifelong discipleship. It's a Bible you can teach from with confidence and a Bible you can share with your neighbor who is hearing God's Word for the very first time.

OPTIMAL EQUIVALENCE

The CSB was created using Optimal Equivalence, a translation philosophy that pursues both linguistic precision to the original languages and readability in contemporary English.

In the many places throughout Scripture where a word-for-word rendering is clearly understandable, a literal translation is used. When a word-for-word rendering might obscure the meaning for a modern audience, a more dynamic translation is used. This process assures that both the words and thoughts contained in the original text are conveyed as accurately as possible for today's readers.

BIBLE TRANSLATION CONTINUUM

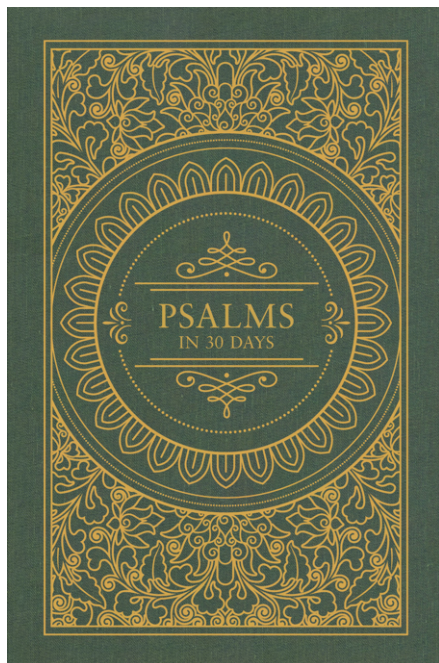


Bible translations shown in the top half of the chart are original translations directly from ancient languages to English. Versions shown below the line began with the English text of another Bible translation.

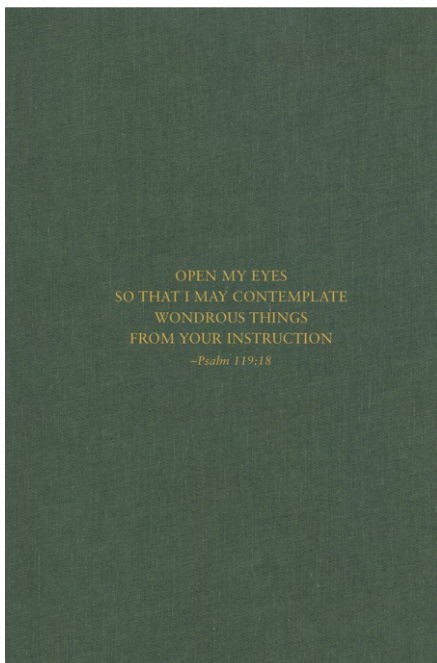
LEARN MORE AT [CSBIBLE.COM](https://www.csbible.com)



AVAILABLE EDITIONS



FRONT



BACK

EDITION	ISBN	PRICE
Print/Book	9781087749020	\$14.99
ePUB	9781087758923	\$12.99

INTRODUCTION TO PSALMS IN 30 DAYS

by Trevin Wax

For generations, Christians have prayed and sung the psalms. It was the prayer book of Jesus. It is the Old Testament book most often quoted in the New. The songs found in this book form the bedrock of both corporate worship and individual devotion.

Through thousands of years of memorization, recitation, and singing, the people of God have found in this book a God-centered view of reality—words that put into perspective all our emotions, conflicting desires, times of suffering, and experiences of faith and doubt. “There are other prayers in the Bible,” Tim Keller writes, “but no other place where you have an entire course of theology in prayer form, and no other place where you have every possible heart condition represented, along with the way to process that situation before God.”

Songwriter Michael Card writes: “The psalms are a connection for us. When I’m lamenting, I may feel disconnected from God. The psalms express that experience. When I’m joyful, the psalms give me language to connect to that joy and remember that it comes from God. He never slumbers. He never sleeps. In the end, the psalms provide for every need, all those misconnections, all the things we’re hungry for, all the correctives we need to remind us that life isn’t about us, but is really all about him. The psalms are a bottomless resource for all the things we need.”

When you pray the psalms, you may not feel all of the emotions or passions of the psalmist when you read. But that’s the point. “The richness of the Word of God ought to determine our prayer, not the poverty of our heart,” wrote Dietrich Bonhoeffer. “It does not depend, therefore, on whether the Psalms express adequately that which we feel at a given moment in our heart. If we are to pray aright, perhaps it is quite necessary that we pray contrary to our own heart.”

THE PSALMS EVERY MONTH

Many Christians over the years have adopted the habit of reading through the psalms every month. Read five psalms a day, and in thirty days, you’ll have made your way through the psalter. The only challenge with this approach is the varying length of the psalms. Some are just a few verses, while Psalm 119 is the longest chapter in the Bible. It is

hard to form and keep a habit if the time required fluctuates so wildly. Furthermore, some of the psalms were intended to be read in the morning, while others are more appropriate at night.

To that end, I have adapted a centuries-old approach to reading the psalms found in *The Book of Common Prayer* by extending a “Morning” and “Evening” reading of psalms into a “Morning,” “Midday,” and “Evening” pattern. There is precedent in the Scriptures for praying three times a day, and there is spiritual blessing in deliberately punctuating your day with moments of prayer and Bible reading. The three-times-a-day approach is designed to lift your eyes above your current circumstances and to remind you that God is the blazing center of all things.

PRAYERS OF FAITHFUL CHRISTIANS

Over the years, I’ve also found the written prayers of faithful Christians who have gone before me to be a help in my prayer life. Praying the written prayers of saints from years gone by is a lot like children trying on the shoes of their parents. We wonder if our feet will ever fit into the spiritual shoes of the giants who have gone before us. We wonder if our devotion will match the intensity and clarity we find in their words. We want hearts that are oriented in such a way that we would ask for and desire the right things. Praying the psalms alongside other Scriptures and other faithful expressions of faith over the years is one way of forming our hearts and minds daily.

THE PSALMS IN 30 DAYS PROJECT

This book relies on a pattern of prayer I developed in 2019. It is the pattern I return to most regularly as I seek to pray through the psalms every month. Here you will find all the psalms, as translated in the Christian Standard Bible, arranged in three-times-a-day readings for thirty days.

Before and after the psalms, you will find Scriptures and prayers that follow the specific themes found in the calendar of the Christian year. Every week is a mini-journey through the story of the gospel:

- Day 1: Anticipation for Christ’s coming
- Day 2: The incarnation of Christ
- Day 3: The manifestation of Christ’s glory in the world
- Day 4: Repentance and the cross of Christ
- Day 5: The resurrection power of Christ
- Day 6: The power and presence of the Holy Spirit
- Day 7: The glory of the Triune God

Every prayer time begins with a call to prayer and includes the *Gloria*, the Lord's Prayer, and closes with a biblical blessing.

The morning prayer guide includes a "confession of faith" taken from Scripture, ancient creeds and confessions, or the Reforming Catholic Confession, a Protestant declaration of faith released in celebration of the 500th anniversary of the Reformation. The evening prayer guide includes a "confession of sin" and a biblical promise of absolution to all who repent.

The morning and evening prayers also include songs from Scripture as well as written prayers from Christians through the ages, and a time set aside for you to intercede on behalf of others and bring your personal requests to the Lord.

The midday prayer guide is abbreviated, usually with a shorter selection from the psalms, since this is the time of day when it may be more challenging to carve out ten or fifteen minutes for prayer.

SUGGESTIONS FOR REGULARLY PRAYING THE PSALMS

- Praying the psalms in thirty days is a spiritual workout, much like doing daily exercises. Don't feel the pressure to make it through all the psalms your first time through. If you miss a reading, you can catch up later, or you can skip it and come back to it the next month. If you get behind a day or two, you can pick up on the day that corresponds to the day of the month, or you can proceed in order, even if it takes you more than thirty days to complete the readings.
- Set this book on a desk, nightstand, or table close to your bed, where you will see it. Let it be a visual reminder whenever you enter the room that nudges you to spend time with the Lord.
- Pray the morning selection as soon as you wake up and the evening selection just before going to bed.
- The abbreviated midday routine is ideal for a brief pause during work, but if you miss a midday prayer time, simply add that psalm selection to the evening prayer guide in order to catch up.
- If you only wish to pray the psalms and not the other selected prayers, simply jump to that portion of the prayer guide and pray the selected psalms three times daily.

My prayer is that this guide will help you make praying through the psalms a regular spiritual discipline that strengthens your love for God and neighbor. May the faithful love of the Lord rest on you, as you put your hope in him (Psalm 33:22).



PSALMS

IN 30 DAYS



DAY 1 MORNING PRAYER

CALL TO PRAYER

Our King and Savior now draws near: O come, let us adore him.

CONFESSION OF FAITH

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,
the resurrection of the body,
and the life everlasting. Amen.
The Apostles' Creed

CANTICLE

Great and awe-inspiring are your works,
Lord God, the Almighty;
just and true are your ways,
King of the nations.
Lord, who will not fear
and glorify your name?
For you alone are holy.
All the nations will come
and worship before you
because your righteous acts
have been revealed.
Revelation 15:3-4

MORNING PSALMS

Psalm 1

- 1 How happy is the one who does not
walk in the advice of the wicked
or stand in the pathway with sinners
or sit in the company of mockers!
- 2 Instead, his delight is in the LORD's instruction,
and he meditates on it day and night.
- 3 He is like a tree planted beside flowing streams
that bears its fruit in its season,
and whose leaf does not wither.
Whatever he does prospers.
- 4 The wicked are not like this;
instead, they are like chaff that the wind blows away.
- 5 Therefore the wicked will not stand up in the judgment,
nor sinners in the assembly of the righteous.
- 6 For the LORD watches over the way of the righteous,
but the way of the wicked leads to ruin.

Psalm 2

- 1 Why do the nations rage
and the peoples plot in vain?
- 2 The kings of the earth take their stand,
and the rulers conspire together
against the LORD and his Anointed One:
- 3 "Let's tear off their chains
and throw their ropes off of us."
- 4 The one enthroned in heaven laughs;
the Lord ridicules them.
- 5 Then he speaks to them in his anger
and terrifies them in his wrath:
- 6 "I have installed my king
on Zion, my holy mountain."
- 7 I will declare the LORD's decree.
He said to me, "You are my Son;
today I have become your Father.
- 8 Ask of me,
and I will make the nations your inheritance
and the ends of the earth your possession.
- 9 You will break them with an iron scepter;
you will shatter them like pottery."

- 10 So now, kings, be wise;
receive instruction, you judges of the earth.
11 Serve the LORD with reverential awe
and rejoice with trembling.
12 Pay homage to the Son or he will be angry
and you will perish in your rebellion,
for his anger may ignite at any moment.
All who take refuge in him are happy.

Psalm 5

- 1 Listen to my words, LORD;
consider my sighing.
2 Pay attention to the sound of my cry,
my King and my God,
for I pray to you.

3 In the morning, LORD, you hear my voice;
in the morning I plead my case to you and watch expectantly.

4 For you are not a God who delights in wickedness;
evil cannot dwell with you.
5 The boastful cannot stand in your sight;
you hate all evildoers.
6 You destroy those who tell lies;
the LORD abhors violent and treacherous people.

7 But I enter your house
by the abundance of your faithful love;
I bow down toward your holy temple
in reverential awe of you.
8 LORD, lead me in your righteousness
because of my adversaries;
make your way straight before me.

9 For there is nothing reliable in what they say;
destruction is within them;
their throat is an open grave;
they flatter with their tongues.
10 Punish them, God;
let them fall by their own schemes.
Drive them out because of their many crimes,
for they rebel against you.

11 But let all who take refuge in you rejoice;
let them shout for joy forever.

May you shelter them,
and may those who love your name boast about you.
12 For you, LORD, bless the righteous one;
you surround him with favor like a shield.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

INTERCESSIONS AND PERSONAL REQUESTS

PRAYER OF THE CHURCH

Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

The Book of Common Prayer

BLESSING

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 13:13

DAY 1 MIDDAY PRAYER

CALL TO PRAYER

Grace to you and peace from God our Father and the Lord Jesus Christ.
Philippians 1:2

MIDDAY PSALMS

Psalm 6

- 1 LORD, do not rebuke me in your anger;
do not discipline me in your wrath.
- 2 Be gracious to me, LORD, for I am weak;
heal me, LORD, for my bones are shaking;
- 3 my whole being is shaken with terror.
And you, LORD—how long?
- 4 Turn, LORD! Rescue me;
save me because of your faithful love.
- 5 For there is no remembrance of you in death;
who can thank you in Sheol?
- 6 I am weary from my groaning;
with my tears I dampen my bed
and drench my couch every night.
- 7 My eyes are swollen from grief;
they grow old because of all my enemies.
- 8 Depart from me, all evildoers,
for the LORD has heard the sound of my weeping.
- 9 The LORD has heard my plea for help;
the LORD accepts my prayer.
- 10 All my enemies will be ashamed and shake with terror;
they will turn back and suddenly be disgraced.

Psalm 7

- 1 LORD my God, I seek refuge in you;
save me from all my pursuers and rescue me,
- 2 or they will tear me like a lion,
ripping me apart with no one to rescue me.
- 3 LORD my God, if I have done this,
if there is injustice on my hands,

- 4 if I have done harm to one at peace with me
or have plundered my adversary without cause,
5 may an enemy pursue and overtake me;
may he trample me to the ground
and leave my honor in the dust.

Selah

- 6 Rise up, LORD, in your anger;
lift yourself up against the fury of my adversaries;
awake for me;
you have ordained a judgment.
7 Let the assembly of peoples gather around you;
take your seat on high over it.
8 The LORD judges the peoples;
vindicate me, LORD,
according to my righteousness and my integrity.
- 9 Let the evil of the wicked come to an end,
but establish the righteous.
The one who examines the thoughts and emotions
is a righteous God.
10 My shield is with God,
who saves the upright in heart.
11 God is a righteous judge
and a God who shows his wrath every day.
- 12 If anyone does not repent,
he will sharpen his sword;
he has strung his bow and made it ready.
13 He has prepared his deadly weapons;
he tips his arrows with fire.
- 14 See, the wicked one is pregnant with evil,
conceives trouble, and gives birth to deceit.
15 He dug a pit and hollowed it out
but fell into the hole he had made.
16 His trouble comes back on his own head;
his own violence comes down on top of his head.
- 17 I will thank the LORD for his righteousness;
I will sing about the name of the LORD Most High.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

BLESSING

May the LORD bless you and protect you; may the LORD make his face shine on you and be gracious to you; may the LORD look with favor on you and give you peace.

Numbers 6:24–26

DAY 1 EVENING PRAYER

CALL TO PRAYER

Therefore be alert, since you don't know when the master of the house is coming—whether in the evening or at midnight or at the crowing of the rooster or early in the morning. Otherwise, when he comes suddenly he might find you sleeping.

Mark 13:35–36

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.
The Book of Common Prayer

If we confess our sins, he is faithful and righteous to forgive us our sins
and to cleanse us from all unrighteousness.
1 John 1:9

CANTICLE

O gladsome light,
pure brightness of the everlasting Father in heaven,
O Jesus Christ, holy and blessed!
Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.
You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of Life,
and to be glorified through all the worlds.
Phos Hilaron

EVENING PSALMS

Psalm 3

- 1 LORD, how my foes increase!
There are many who attack me.
- 2 Many say about me,
“There is no help for him in God.” *Selah*
- 3 But you, LORD, are a shield around me,
my glory, and the one who lifts up my head.
- 4 I cry aloud to the LORD,
and he answers me from his holy mountain. *Selah*
- 5 I lie down and sleep;
I wake again because the LORD sustains me.
- 6 I will not be afraid of thousands of people
who have taken their stand against me on every side.
- 7 Rise up, LORD!
Save me, my God!
You strike all my enemies on the cheek;
you break the teeth of the wicked.
- 8 Salvation belongs to the LORD;
may your blessing be on your people. *Selah*

Psalm 4

- 1 Answer me when I call,
God, who vindicates me.
You freed me from affliction;
be gracious to me and hear my prayer.
- 2 How long, exalted ones, will my honor be insulted?
How long will you love what is worthless
and pursue a lie? *Selah*
- 3 Know that the LORD has set apart
the faithful for himself;
the LORD will hear when I call to him.
- 4 Be angry and do not sin;
reflect in your heart while on your bed and be silent. *Selah*
- 5 Offer sacrifices in righteousness
and trust in the LORD.
- 6 Many are asking, "Who can show us anything good?"
Let the light of your face shine on us, LORD.
- 7 You have put more joy in my heart
than they have when their grain and new wine abound.
- 8 I will both lie down and sleep in peace,
for you alone, LORD, make me live in safety.

Psalm 8

- 1 LORD, our Lord,
how magnificent is your name throughout the earth!

You have covered the heavens with your majesty.
- 2 From the mouths of infants and nursing babies,
you have established a stronghold
on account of your adversaries
in order to silence the enemy and the avenger.
- 3 When I observe your heavens,
the work of your fingers,
the moon and the stars,
which you set in place,
- 4 what is a human being that you remember him,
a son of man that you look after him?
- 5 You made him little less than God
and crowned him with glory and honor.
- 6 You made him ruler over the works of your hands;
you put everything under his feet:

- 7 all the sheep and oxen,
as well as the animals in the wild,
8 the birds of the sky,
and the fish of the sea
that pass through the currents of the seas.
- 9 LORD, our Lord,
how magnificent is your name throughout the earth!

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

INTERCESSIONS AND PERSONAL REQUESTS

PRAYER OF THE CHURCH

Lord, because you have made me, I owe you the whole of my love; because you have redeemed me, I owe you the whole of myself; because you have promised so much, I owe you my whole being. I pray you, Lord, make me taste by love what I taste by knowledge; let me know by love what I know by understanding. I owe you more than my whole self, but I have no more, and by myself I cannot render the whole of it to you. Draw me to you, Lord, in the fullness of your love. I am wholly yours by creation; make me all yours, too, in love. Amen.

Anselm

BLESSING

The Lord Almighty grant us a peaceful night and a perfect end.
Amen.

DAY 2 MORNING PRAYER

CALL TO PRAYER

Don't be afraid, for look, I proclaim to you good news of great joy that will be for all the people: Today in the city of David a Savior was born for you, who is the Messiah, the Lord.

Luke 2:10–11

CONFESSION OF FAITH

I believe in Jesus Christ, who, existing in the form of God,
did not consider equality with God
as something to be exploited.
Instead he emptied himself
by assuming the form of a servant,
taking on the likeness of humanity.
And when he had come as a man,
he humbled himself by becoming obedient
to the point of death—
even to death on a cross.

For this reason God highly exalted him
and gave him the name
that is above every name,
so that at the name of Jesus
every knee will bow—
in heaven and on earth
and under the earth—
and every tongue will confess
that Jesus Christ is Lord,
to the glory of God the Father.

Philippians 2:6–11

CANTICLE

Glory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:

have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of the Father. Amen.
Gloria

MORNING PSALMS

Psalm 9

- 1 I will thank the LORD with all my heart;
I will declare all your wondrous works.
- 2 I will rejoice and boast about you;
I will sing about your name, Most High.
- 3 When my enemies retreat,
they stumble and perish before you.
- 4 For you have upheld my just cause;
you are seated on your throne as a righteous judge.
- 5 You have rebuked the nations:
You have destroyed the wicked;
you have erased their name forever and ever.
- 6 The enemy has come to eternal ruin;
you have uprooted the cities,
and the very memory of them has perished.
- 7 But the LORD sits enthroned forever;
he has established his throne for judgment.
- 8 And he judges the world with righteousness;
he executes judgment on the nations with fairness.
- 9 The LORD is a refuge for the persecuted,
a refuge in times of trouble.
- 10 Those who know your name trust in you
because you have not abandoned
those who seek you, LORD.
- 11 Sing to the LORD, who dwells in Zion;
proclaim his deeds among the nations.
- 12 For the one who seeks an accounting
for bloodshed remembers them;
he does not forget the cry of the oppressed.

- 13 Be gracious to me, LORD;
consider my affliction at the hands of those who hate me.
Lift me up from the gates of death,
- 14 so that I may declare all your praises.
I will rejoice in your salvation
within the gates of Daughter Zion.
- 15 The nations have fallen into the pit they made;
their foot is caught in the net they have concealed.
- 16 The LORD has made himself known;
he has executed justice,
snaring the wicked
by the work of their hands. *Higgaion. Selah*
- 17 The wicked will return to Sheol—
all the nations that forget God.
- 18 For the needy will not always be forgotten;
the hope of the oppressed will not perish forever.
- 19 Rise up, LORD! Do not let mere humans prevail;
let the nations be judged in your presence.
- 20 Put terror in them, LORD;
let the nations know they are only humans. *Selah*

Psalms 10

- 1 LORD, why do you stand so far away?
Why do you hide in times of trouble?
- 2 In arrogance the wicked relentlessly pursue their victims;
let them be caught in the schemes they have devised.
- 3 For the wicked one boasts about his own cravings;
the one who is greedy curses and despises the LORD.
- 4 In all his scheming,
the wicked person arrogantly thinks,
“There’s no accountability,
since there’s no God.”
- 5 His ways are always secure;
your lofty judgments have no effect on him;
he scoffs at all his adversaries.
- 6 He says to himself, “I will never be moved—
from generation to generation I will be without calamity.”
- 7 Cursing, deceit, and violence fill his mouth;
trouble and malice are under his tongue.

- 8 He waits in ambush near settlements;
he kills the innocent in secret places.
His eyes are on the lookout for the helpless;
- 9 he lurks in secret like a lion in a thicket.
He lurks in order to seize a victim;
he seizes a victim and drags him in his net.
- 10 So he is oppressed and beaten down;
helpless people fall because of the wicked one's strength.
- 11 He says to himself, "God has forgotten;
he hides his face and will never see."
- 12 Rise up, LORD God! Lift up your hand.
Do not forget the oppressed.
- 13 Why has the wicked person despised God?
He says to himself, "You will not demand an account."
- 14 But you yourself have seen trouble and grief,
observing it in order to take the matter into your hands.
The helpless one entrusts himself to you;
you are a helper of the fatherless.
- 15 Break the arm of the wicked, evil person,
until you look for his wickedness,
but it can't be found.
- 16 The LORD is King forever and ever;
the nations will perish from his land.
- 17 LORD, you have heard the desire of the humble;
you will strengthen their hearts.
You will listen carefully,
- 18 doing justice for the fatherless and the oppressed
so that mere humans from the earth may terrify them no more.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.

Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

INTERCESSIONS AND PERSONAL REQUESTS

PRAYER OF THE CHURCH

Lord God, almighty and everlasting Father, you have brought me in safety to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.
The Book of Common Prayer

BLESSING

Now to him who is able to do above and beyond all that we ask or think according to the power that works in us—to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.
Ephesians 3:20–21

DAY 2 MIDDAY PRAYER

CALL TO PRAYER

Lord, open my lips, and my mouth will declare your praise.
Psalms 51:15

MIDDAY PSALM

Psalms 11

- 1 I have taken refuge in the LORD.
How can you say to me,
“Escape to the mountains like a bird!
- 2 For look, the wicked string bows;
they put their arrows on bowstrings
to shoot from the shadows at the upright in heart.
- 3 When the foundations are destroyed,
what can the righteous do?”

- 4 The LORD is in his holy temple;
the LORD—his throne is in heaven.
His eyes watch;
his gaze examines everyone.
- 5 The LORD examines the righteous,
but he hates the wicked
and those who love violence.
- 6 Let him rain burning coals and sulfur on the wicked;
let a scorching wind be the portion in their cup.
- 7 For the LORD is righteous; he loves righteous deeds.
The upright will see his face.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

BLESSING

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 13:13

DAY 2 EVENING PRAYER

CALL TO PRAYER

God's dwelling is with humanity, and he will live with them. They will be his peoples, and God himself will be with them and will be their God.
Revelation 21:3

CONFESSION OF SIN

O Lord, the house of my soul is narrow; enlarge it that you may enter in. It is ruined, O repair it! It displeases your sight; I confess it, I know. But who shall cleanse it, or to whom shall I cry but unto you? Cleanse me from my secret faults, O Lord, and spare your servant from sin.

Augustine

The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

Psalms 51:17

CANTICLE

Now, Master,
you can dismiss your servant in peace,
as you promised.
For my eyes have seen your salvation.
You have prepared it
in the presence of all peoples—
a light for revelation to the Gentiles
and glory to your people Israel.

Luke 2:29–32

EVENING PSALMS

Psalms 12

- 1 Help, LORD, for no faithful one remains;
the loyal have disappeared from the human race.
- 2 They lie to one another;
they speak with flattering lips and deceptive hearts.
- 3 May the LORD cut off all flattering lips
and the tongue that speaks boastfully.
- 4 They say, "Through our tongues we have power;
our lips are our own—who can be our master?"
- 5 "Because of the devastation of the needy
and the groaning of the poor,
I will now rise up," says the LORD.
"I will provide safety for the one who longs for it."
- 6 The words of the LORD are pure words,
like silver refined in an earthen furnace,
purified seven times.

- 7 You, LORD, will guard us;
you will protect us from this generation forever.
- 8 The wicked prowl all around,
and what is worthless is exalted by the human race.

Psalms 13

- 1 How long, LORD? Will you forget me forever?
How long will you hide your face from me?
- 2 How long will I store up anxious concerns within me,
agony in my mind every day?
How long will my enemy dominate me?
- 3 Consider me and answer, LORD my God.
Restore brightness to my eyes;
otherwise, I will sleep in death.
- 4 My enemy will say, "I have triumphed over him,"
and my foes will rejoice because I am shaken.
- 5 But I have trusted in your faithful love;
my heart will rejoice in your deliverance.
- 6 I will sing to the LORD
because he has treated me generously.

Psalms 14

- 1 The fool says in his heart, "There's no God."
They are corrupt; they do vile deeds.
There is no one who does good.
- 2 The LORD looks down from heaven on the human race
to see if there is one who is wise,
one who seeks God.
- 3 All have turned away;
all alike have become corrupt.
There is no one who does good,
not even one.
- 4 Will evildoers never understand?
They consume my people as they consume bread;
they do not call on the LORD.
- 5 Then they will be filled with dread,
for God is with those who are righteous.
- 6 You sinners frustrate the plans of the oppressed,
but the LORD is his refuge.

- 7 Oh, that Israel's deliverance would come from Zion!
When the LORD restores the fortunes of his people,
let Jacob rejoice, let Israel be glad.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

INTERCESSIONS AND PERSONAL REQUESTS

PRAYER OF THE CHURCH

Almighty God, you have poured upon us the new light of your incarnate Word: Grant that this light, enkindled in our hearts, may shine forth in our lives; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

The Book of Common Prayer

BLESSING

The Almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us, this night and evermore. Amen.

DAY 3 MORNING PRAYER

CALL TO PRAYER

The Lord has shown forth his glory: O come, let us adore him.

CONFESSION OF FAITH

I believe the Son of God
was manifested in the flesh,
vindicated in the Spirit,
seen by angels,
preached among the nations,
believed on in the world,
taken up in glory.

1 Timothy 3:16

CANTICLE

Arise, shine, for your light has come,
and the glory of the LORD shines over you.
For look, darkness will cover the earth,
and total darkness the peoples;
but the LORD will shine over you,
and his glory will appear over you.
Nations will come to your light,
and kings to your shining brightness.
Your city gates will always be open;
they will never be shut day or night
so that the wealth of the nations
may be brought into you,
with their kings being led in procession.
The sons of your oppressors
will come and bow down to you;
all who reviled you
will fall facedown at your feet.
They will call you the City of the LORD,
Zion of the Holy One of Israel.
Violence will never again be heard of in your land;
devastation and destruction
will be gone from your borders.
You will call your walls Salvation
and your city gates Praise.
The sun will no longer be your light by day,

and the brightness of the moon will not shine on you.
The LORD will be your everlasting light,
and your God will be your splendor.
Isaiah 60:1–3, 11, 14, 18–19

MORNING PSALMS

Psalm 15

- 1 LORD, who can dwell in your tent?
Who can live on your holy mountain?
- 2 The one who lives blamelessly, practices righteousness,
and acknowledges the truth in his heart—
- 3 who does not slander with his tongue,
who does not harm his friend
or discredit his neighbor,
- 4 who despises the one rejected by the LORD
but honors those who fear the LORD,
who keeps his word whatever the cost,
- 5 who does not lend his silver at interest
or take a bribe against the innocent—
the one who does these things will never be shaken.

Psalm 16

- 1 Protect me, God, for I take refuge in you.
- 2 I said to the LORD, “You are my LORD;
I have nothing good besides you.”
- 3 As for the holy people who are in the land,
they are the noble ones.
All my delight is in them.
- 4 The sorrows of those who take another god
for themselves will multiply;
I will not pour out their drink offerings of blood,
and I will not speak their names with my lips.
- 5 LORD, you are my portion
and my cup of blessing;
you hold my future.
- 6 The boundary lines have fallen for me
in pleasant places;
indeed, I have a beautiful inheritance.
- 7 I will bless the LORD who counsels me—
even at night when my thoughts trouble me.
- 8 I always let the LORD guide me.

Because he is at my right hand,
I will not be shaken.

- 9 Therefore my heart is glad
and my whole being rejoices;
my body also rests securely.
- 10 For you will not abandon me to Sheol;
you will not allow your faithful one to see decay.
- 11 You reveal the path of life to me;
in your presence is abundant joy;
at your right hand are eternal pleasures.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

INTERCESSIONS AND PERSONAL REQUESTS

PRAYER OF THE CHURCH

I am no longer my own, but yours. Put me in any place of service, rank me with any type of people. Put me to work, put me to suffering. Let me be useful for you or laid aside for you, exalted for you or brought low by you. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to your pleasure and for your use.

John Wesley

BLESSING

May God be gracious to us and bless us; may he make his face shine upon us so that your way may be known on earth, your salvation among all nations.

Psalms 67:1–2

DAY 3 MIDDAY PRAYER

CALL TO PRAYER

The earth is the Lord's for he made it: O come let us adore him.

MIDDAY PSALM

Psalms 17

- 1 LORD, hear a just cause;
pay attention to my cry;
listen to my prayer—
from lips free of deceit.
- 2 Let my vindication come from you,
for you see what is right.
- 3 You have tested my heart;
you have examined me at night.
You have tried me and found nothing evil;
I have determined that my mouth will not sin.
- 4 Concerning what people do:
by the words from your lips
I have avoided the ways of the violent.
- 5 My steps are on your paths;
my feet have not slipped.
- 6 I call on you, God,
because you will answer me;
listen closely to me; hear what I say.
- 7 Display the wonders of your faithful love,
Savior of all who seek refuge
from those who rebel against your right hand.
- 8 Protect me as the pupil of your eye;
hide me in the shadow of your wings
from the wicked who treat me violently,
my deadly enemies who surround me.
- 10 They are uncaring;
their mouths speak arrogantly.

- 11 They advance against me; now they surround me.
They are determined
to throw me to the ground.
- 12 They are like a lion eager to tear,
like a young lion lurking in ambush.
- 13 Rise up, LORD!
Confront him; bring him down.
With your sword, save me from the wicked.
- 14 With your hand, LORD, save me from men,
from men of the world
whose portion is in this life:
You fill their bellies with what you have in store;
their sons are satisfied,
and they leave their surplus to their children.
- 15 But I will see your face in righteousness;
when I awake, I will be satisfied with your presence.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

BLESSING

May your faithful love rest on us, LORD, for we put our hope in you.
Psalms 33:22

DAY 3 EVENING PRAYER

CALL TO PRAYER

Nations will come to your light, and kings to your shining brightness.
Isaiah 60:3

CONFESSION OF SIN

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

As far as the east is from the west, so far has he removed our transgressions from us.

Psalms 103:12

CANTICLE

“Indeed, God is my salvation;
I will trust him and not be afraid,
for the LORD, the LORD himself,
is my strength and my song.
He has become my salvation.”
You will joyfully draw water
from the springs of salvation,
and on that day you will say,
“Give thanks to the LORD; proclaim his name!
Make his works known among the peoples.
Declare that his name is exalted.
Sing to the LORD, for he has done glorious things.
Let this be known throughout the earth.
Cry out and sing, citizen of Zion,
for the Holy One of Israel is among you
in his greatness.”

Isaiah 12:2–6

EVENING PSALM

Psalms 18

- 1 I love you, LORD, my strength.
- 2 The LORD is my rock,
my fortress, and my deliverer,
my God, my rock where I seek refuge,
my shield and the horn of my salvation,
my stronghold.

- 3 I called to the LORD, who is worthy of praise,
and I was saved from my enemies.
- 4 The ropes of death were wrapped around me;
the torrents of destruction terrified me.
- 5 The ropes of Sheol entangled me;
the snares of death confronted me.
- 6 I called to the LORD in my distress,
and I cried to my God for help.
From his temple he heard my voice,
and my cry to him reached his ears.
- 7 Then the earth shook and quaked;
the foundations of the mountains trembled;
they shook because he burned with anger.
- 8 Smoke rose from his nostrils,
and consuming fire came from his mouth;
coals were set ablaze by it.
- 9 He bent the heavens and came down,
total darkness beneath his feet.
- 10 He rode on a cherub and flew,
soaring on the wings of the wind.
- 11 He made darkness his hiding place,
dark storm clouds his canopy around him.
- 12 From the radiance of his presence,
his clouds swept onward with hail and blazing coals.
- 13 The LORD thundered from heaven;
the Most High made his voice heard.
- 14 He shot his arrows and scattered them;
he hurled lightning bolts and routed them.
- 15 The depths of the sea became visible,
the foundations of the world were exposed,
at your rebuke, LORD,
at the blast of the breath of your nostrils.
- 16 He reached down from on high
and took hold of me;
he pulled me out of deep water.
- 17 He rescued me from my powerful enemy
and from those who hated me,
for they were too strong for me.
- 18 They confronted me in the day of my calamity,
but the LORD was my support.
- 19 He brought me out to a spacious place;
he rescued me because he delighted in me.

- 20 The LORD rewarded me
according to my righteousness;
he repaid me
according to the cleanness of my hands.
- 21 For I have kept the ways of the LORD
and have not turned from my God to wickedness.
- 22 Indeed, I let all his ordinances guide me
and have not disregarded his statutes.
- 23 I was blameless toward him
and kept myself from my iniquity.
- 24 So the LORD repaid me
according to my righteousness,
according to the cleanness of my hands in his sight.
- 25 With the faithful
you prove yourself faithful,
with the blameless
you prove yourself blameless,
- 26 with the pure
you prove yourself pure,
but with the crooked
you prove yourself shrewd.
- 27 For you rescue an oppressed people,
but you humble those with haughty eyes.
- 28 LORD, you light my lamp;
my God illuminates my darkness.
- 29 With you I can attack a barricade,
and with my God I can leap over a wall.
- 30 God—his way is perfect;
the word of the LORD is pure.
He is a shield to all who take refuge in him.
- 31 For who is God besides the LORD?
And who is a rock? Only our God.
- 32 God—he clothes me with strength
and makes my way perfect.
- 33 He makes my feet like the feet of a deer
and sets me securely on the heights.
- 34 He trains my hands for war;
my arms can bend a bow of bronze.
- 35 You have given me the shield of your salvation;
your right hand upholds me,
and your humility exalts me.
- 36 You make a spacious place beneath me for my steps,
and my ankles do not give way.

- 37 I pursue my enemies and overtake them;
I do not turn back until they are wiped out.
- 38 I crush them, and they cannot get up;
they fall beneath my feet.
- 39 You have clothed me with strength for battle;
you subdue my adversaries beneath me.
- 40 You have made my enemies retreat before me;
I annihilate those who hate me.
- 41 They cry for help, but there is no one to save them—
they cry to the LORD, but he does not answer them.
- 42 I pulverize them like dust before the wind;
I trample them like mud in the streets.
- 43 You have freed me from the feuds among the people;
you have appointed me the head of nations;
a people I had not known serve me.
- 44 Foreigners submit to me cringing;
as soon as they hear they obey me.
- 45 Foreigners lose heart
and come trembling from their fortifications.
- 46 The LORD lives—blessed be my rock!
The God of my salvation is exalted.
- 47 God—he grants me vengeance
and subdues peoples under me.
- 48 He frees me from my enemies.
You exalt me above my adversaries;
you rescue me from violent men.
- 49 Therefore I will give thanks to you among the nations, LORD;
I will sing praises about your name.
- 50 He gives great victories to his king;
he shows loyalty to his anointed,
to David and his descendants forever.

GLORIA

Glory be to God the Father, God the Son, and God the Holy Spirit. As it was in the beginning, is now, and will be forever, world without end.

THE LORD'S PRAYER

Our Father in heaven,
Hallowed be your name.
Your kingdom come.
Your will be done

on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation
But deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

INTERCESSIONS AND PERSONAL REQUESTS

PRAYER OF THE CHURCH

Gracious and holy Father, give me wisdom to perceive you, intelligence to fathom you, patience to wait for you, eyes to behold you, a heart to meditate upon you, and a life to proclaim you, through the power of the Spirit of Jesus Christ our Lord.

Benedict

BLESSING

The Lord Almighty grant us a peaceful night and a perfect end. Amen.

