

Morning to Evening Prayer

Psalm 24:9 Lift up your heads, O gates! And lift them up,
O ancient doors, that the King of glory may come in.



*Seeking the renewing of lives through God's compelling
love in Lynchburg and the world*

Introduction to Morning to Evening Prayer

Advent is a season of longing, waiting, and coming. Jesus who came first to bear the sins of many, will appear a second time to save those who are eagerly waiting for Him. We lift up our heads to Christ, that the King of glory may come in and restore the world around us.

Psalm 92 encourages a regular rhythm of prayer from morning to evening. “¹It is good to give thanks to the Lord, to sing praises to Your name, O Most High; ²to declare Your steadfast love in the morning, and Your faithfulness by night. ³to the music of the lute and the harp, to the melody of the lyre. ⁴For You, O Lord, have made me glad by Your work; at the works of Your hands I sing for joy,”

As we pray in the morning, we pray with the assurance of God’s love and seek His loving guidance each day. We seek direction from the Word of God which is a lamp unto our feet and a light to our path (Psalm 119:105). This word of God dwells richly inside us as we pray it in the morning. Midday we continue to seek the Lord in order to make the most of our remaining time with insight and wisdom.

We end the evening with thankfulness for God’s faithfulness, reflecting on all His work throughout the day. Remembering God’s faithfulness, we often realize our unfaithfulness. As we confess our sins, God forgives and cleanses us through Christ’s atoning work, His sacrifice for our sin. We respond with thankfulness for His mercy.

In the Rhythm for Morning to Evening Prayer, you will see the different elements of the Morning, Midday, and Evening Prayer Guides. The bullet points under each element describes how to practice each one. There is a new guide for each week of the month to follow each day: morning, midday, and evening. Daily there is a new morning and evening Psalm, morning Scripture, midday proverb, and evening catechism which can be found in the index section in the back (pg. 20ff). You may use this guide individually or with a group by having a leader read the plain text and everyone read the bold. This pattern of prayer helps us to be glad in the work of the Lord and to sing for joy in His presence as we seek His guidance.

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Rhythm for Morning to Evening Prayer

Morning Prayer Guide:¹

- † **PSALM PRAYER:** Ephesians 5:18-20 (*see Psalm Index*)
- Praise God for His character and work in the Psalm.
 - Seek God based on the words of the Psalm.
- † **SCRIPTURE READING** 2 Timothy 3:16-17 (*see Scripture Index*)
- *Meditation:* Read and consider key phrases, prepositions, people, plots, connections, and redemptive themes.
 - *Adoration:* Read and adore God for His great character and kingdom clarified in the verse.
 - *Confession:* Read and confess ways you do not reflect God's character and kingdom in the verse.
 - *Thanksgiving:* Read and give thanks for God's grace, forgiveness, and help in or around the verse.
 - *Application:* Read and seek God's guidance in applying the text. Write down application.
- † **THE GLORIA** Ephesians 1:3
- Sing praise to our Triune God for His holiness, greatness, and presence.
- † **THE CREED** Titus 1:9 (*see Catechism Index*)
- Hold firm to the trustworthy Word and sound doctrine taught.
- † **THE LORD'S PRAYER** Luke 11:1-4
- Recite the Lord's Prayer so that your personal prayer might be shaped by the structure of the Lord's Prayer.
- † **PERSONAL PRAYER** Colossians 4:2
(Pray Forward into the day)
- Pray forward into the day, focusing on your schedule, concerns of the day, and updated prayer list.
- † **PROMISE FOR THE DAY** 2 Corinthians 1:20
- Trust in God's promise of His daily presence and provision as you live out God's mission for the day.

¹ For Shortened Prayer: Scripture Reading, Lord's Prayer, Personal Prayer, Promise for the Day

Midday Prayer Guide

† **PSALM PRAYER** Ephesians 5:18-20

- *Praise for God's character/work & seek God based on the Psalm.*

† **PROVERBS PRAYER**

- *Pray for God's wisdom to guide you for the rest of the day.*

Evening Prayer Guide²

† **PSALM PRAYER** Ephesians 5:18-20 (*see Psalm Index*)

- *Praise for God's character/work & seek God based on the Psalm.*

† **CONFESSION** 1 John 1:9

- *Consider your daily activities, attitudes, and interactions and confess any sinful ways you broke God's law or failed to fully obey God's law.*

† **GOSPEL PROMISE** Psalm 32:5

- *Remember the promise of Christ's forgiveness through His life, death, and resurrection.*

† **THANKSGIVING PRAYERS** Psalm 136:1

- *Rejoice in Christ's forgiveness, reflect on your day, and give thanks for the many blessings and opportunities of the day.*

† **ADVENT SONG** Psalm 103:1-3

- *Sing praise to God, thanking Him for the coming of Christ.*

† **CATECHISM** Titus 1:9 (*see Catechism Index*)

- *Hold firm to the trustworthy Word and sound doctrine taught.*

† **PERSONAL PRAYER** Colossians 4:2

(*Pray Backward over the day*)

- *Pray back over your day concerning events and interactions you experienced throughout the day.*

† **PROMISE FOR THE NIGHT** 2 Corinthians 1:20

- *Trust in God's promise of rest and care for the night hours.*

² For Shortened Prayer: Psalm Prayer & Personal Prayer

Morning Prayer Guide (Christ) 12/25-01/01

† **PSALM PRAYER** (*see Psalm Index*)

Glory to God in the highest,

and on earth peace among those with whom He is pleased!

This is the day that the Lord has made;

let us rejoice and be glad in it.

O Lord, open our lips,

and our mouths will declare Your praise.

(Read Psalm and pray)

† **SCRIPTURE READING** (*see Scripture Index*)

Fear not, for behold, I bring you good news of great joy that will be for all the people. ¹¹For unto you is born this day in the city of David a Savior, who is Christ the Lord.

Open our eyes, that we may behold wondrous things out of Your law.

(Read Scripture: Adore, Meditate, Confess, Give Thanks, Apply)

† **THE GLORIA** “Glorify Your Name” (*Adkins*)

Glo-ria-a in excelsis De-o, Glo-ri-a in excelsis De-o!

† **THE CREED** The Nicene Creed

We believe in one God, the Father Almighty, Maker of heaven and earth and of all things visible and invisible;

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of His Father before all worlds, God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father; by Whom all things were made; Who, for us and our salvation, came down from heaven, and was incarnate by the Holy Spirit of the virgin Mary, and was made man; and was crucified also for us under Pontius Pilate; He suffered and was buried; and the third day He rose again according to the Scriptures, and ascended into heaven, and is seated at the right hand of the Father; and He shall come again, with glory, to judge both the living and the dead; Whose kingdom shall have no end.

And we believe in the Holy Spirit, the Lord and Giver of life, Who proceeds from the Father and the Son; Who with the Father and the Son together is worshiped and glorified; Who spoke by the prophets; and we believe in one holy catholic and apostolic church; we acknowledge one baptism for the remission of sins; and we look for the resurrection of the dead, and the life of the world to come. Amen.

† 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.

† PERSONAL PRAYER

His mercy is for those who fear Him from generation to generation.

⁵¹ He has shown strength with his arm; He has scattered the proud in the thoughts of their hearts; ⁵² He has brought down the mighty from their thrones and exalted those of humble estate; ⁵³ he has filled the hungry with good things, and the rich he has sent away empty.

(Pray Forward into the day)

† PROMISE FOR THE DAY Isaiah 64:4

O Radiant Dawn, Splendor of Eternal Light, Sun of Justice: Come shine on those who dwell in darkness and the shadow of death.

“From of old no one has heard or perceived by the ear, no eye has seen a God besides you, who acts for those who wait for Him.”

Midday Prayer Guide (Christ) 12/22-12/25

† PSALM PRAYER *(see Psalm Index-Morning Psalm)*

Be gracious to me, O Lord, for to You do I cry all the day.

Gladden the soul of Your servant, for to You, O Lord, do I lift up my soul.

(Read portion of Morning Psalm and pray)

† PROVERBS PRAYER *(see Proverbs Index)*

So teach us to number our days

that we may get a heart of wisdom.

(Read Proverbs and pray)

† Closing Prayer

Jesus, You are the Vine and we are the branches.

Help us to abide in You that we might bear much fruit, for apart from You we can do nothing.

Evening Prayer Guide (Christ) 12/26-01/01

† **PSALM PRAYER** (*see Psalm Index*)

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,

**He has helped His servant Israel, in remembrance of His mercy,
as He spoke to our fathers, to Abraham and to His offspring
forever.**

(Read Psalm and pray)

† **CONFESSION** 1 John 1:5-7

The people who walked in darkness have seen a great light;
**We who have dwelt in a land of deep darkness, on us has light
shone.**

For to us a child is born, to us a son is given; and the government
shall be upon His shoulder

**Forgive us for not wanting Your rule and for not submitting to
Your law.**

His name shall be called Wonderful Counselor, Mighty God.

**Forgive us for not seeking Your guidance and trusting Your
power.**

His name shall be called Everlasting Father, Prince of Peace. Of
the increase of His government and of peace there will be no end

Forgive us for not receiving Your care and resting in Your peace.
(Confess Personal Sin)

He will establish His kingdom and uphold it with justice and
righteousness from this time forth and forevermore

**Even so, come Lord Jesus. Save Your people and advance Your
kingdom!**

† **GOSPEL PROMISE** Luke 1:68-69

† **THANKSGIVING PRAYERS**

† **ADVENT SONG** “O Come All Ye Faithful”

**O holy night! the stars are brightly shining;
It is the night of the dear Savior’s birth.
Long lay the world in sin and error pining,
Till He appeared and the soul felt its worth.
A thrill of hope- the weary world rejoices,
For yonder breaks a new and glorious morn!
Fall on your knees! O hear the angel voices!**

**O night divine, O night when Christ was born!
O night, O holy night, O night divine!**

**Led by the light of faith serenely beaming,
With glowing hearts by His cradle we stand.
So led by light of a star sweetly gleaming,
Here came the Wise Men from Orient land.
The King of kings lay thus in lowly manger,
In all our trials born to be our Friend.
He knows our need— to our weakness is no stranger.
Behold your King, before Him lowly bend!
Behold your King, before Him lowly bend!**

**Truly He taught us to love one another;
His law is love and His gospel is peace.
Chains shall He break, for the slave is our brother,
And in His name all oppression shall cease.
Sweet hymns of joy in grateful chorus raise we;
Let all within us praise His holy name.
Christ is the Lord! O praise His name forever!
His pow'r and glory evermore proclaim!
His pow'r and glory evermore proclaim!**

† **CATECHISM** (*see Catechism Index*)

† **PERSONAL PRAYER**

O Christ Who has come to bear our sin!
Come again and save those who eagerly wait for You!
(*Pray Backward over the day*)

† **PROMISE FOR THE NIGHT** Luke 2:29-32

O Lamb of God born in the manger, Shepherd of Your sheep:
Cover us with your blood shed for us and lead us in Your
righteousness, Messiah King!
“**Lord, now You are letting Your servant depart in peace,
according to Your word; for my eyes have seen Your salvation ³¹
that you have prepared in the presence of all peoples, ³² a light for
revelation to the Gentiles, and for glory to your people Israel.**”

Psalm Index³

12/24 M:129 E:130

12/25 M:131 E:132

12/26 M:133 E:134

12/27 M:135:1-12 E:135:13-21

12/28 M:136 E:137

12/29 M:138 E:139

12/30 M:140 E:141

12/31 M:142 E:143

01/01 M:144 E:145

³ M: Morning Psalm
E: Evening Psalm

Scripture Index

12/24 Matt. 24:1-14 & Luke 1:26-56

12/25 Matt. 24:15-3 & Luke 2:1-21

12/26 Titus 2:11-14

12/27 Matt. 24:32-44

12/28 Matt. 24:45-51

12/29 Matt. 25:1-13

12/30 Matt. 25:14-30

12/31 Matt. 25:31-46

01/01 Matt. 26:1-13

Proverbs Index

12/24 Proverbs 4:20-27

12/25 Proverbs 5:1-6

12/26 Proverbs 5:7-14

12/27 Proverbs 5:15-19

12/28 Proverbs 5:20-23

12/29 Proverbs 6:1-5

12/30 Proverbs 6:6-11

12/31 Proverbs 6:12-15

01/01 Proverbs 6:16-19

Heidelberg Catechism Index (HC)

12/24 HC#51

HOW DOES THIS GLORY OF CHRIST OUR HEAD BENEFIT US?

First, through His Holy Spirit He pours out His gifts from heaven upon us His members.(1) Second, by His power He defends us and keeps us safe from all enemies.(2)

[1] Acts 2:33; Eph. 4:7-12.

[2] Ps. 2:9; 110:1, 2; John 10:27-30; Rev. 19:11-16.

12/25 HC#52

HOW DOES CHRIST'S RETURN "TO JUDGE THE LIVING AND THE DEAD" COMFORT YOU?

In all my distress and persecution I turn my eyes to the heavens and confidently await as judge the very One who has already stood trial in my place before God and so has removed the whole curse from me.(1) All His enemies and mine He will condemn to everlasting punishment: but me and all His chosen ones He will take along with Him into the joy and the glory of heaven.(2)

[1] Luke 21:28; Rom. 8:22-25; Phil. 3:20,21; Tit. 2:13, 14.

[2] Matt. 25:31-46; I Thess. 4:16, 17; II Thess. 1:6-10.

12/2612/25 HC#53

WHAT DO YOU BELIEVE CONCERNING THE HOLY SPIRIT?

First, He is, together with the Father and the Son, true and eternal God.[1] Second, He is also given to me,[2] to make me by true faith share in Christ and all His benefits,[3] to comfort me,[4] and to remain with me forever.[5]

[1] Gen. 1:1, 2; Matt. 28:19; Acts 5:3, 4; I Cor. 3:16.

[2] I Cor. 6:19; II Cor. 1:21, 22; Gal. 4:6; Eph. 1:13.

[3] Gal. 3:14; I Pet. 1:2.

[4] John 15:26; Acts 9:31.

[5] John 14:16, 17; I Pet. 4:14.

12/27 HC#54

WHAT DO YOU BELIEVE CONCERNING THE HOLY CATHOLIC CHRISTIAN CHURCH?

I believe that the Son of God,[1] out of the whole human race,[2] from the beginning of the world to its end,[3] gathers, defends, and preserves for Himself, [4] by His Spirit and Word,[5] in the unity of the true faith,[6] a church chosen to everlasting life.[7] And I believe that I am[8] and forever shall remain a living member of it.[9]

[1] *John 10:11; Acts 20:28; Eph. 4:11-13; Col. 1:18.*

[2] *Gen. 26:4; Rev. 5:9.*

[3] *Is. 59:21; I Cor. 11:26.*

[4] *Ps. 129:1-5; Matt. 16:18; John 10:28-30.*

[5] *Rom. 1:16; 10:14-17; Eph. 5:26.*

[6] *Acts 2:42-47; Eph. 4:1-6.*

[7] *Rom. 8:29; Eph. 1:3-14.*

[8] *I John 3:14, 19-21.*

[9] *Ps. 23:6; John 10:27, 28; I Cor. 1:4-9; I Pet. 1:3-5.*

12/28 HC#55

WHAT DO YOU UNDERSTAND BY THE COMMUNION OF SAINTS?

What do you understand by the communion of saints?

A. First, that believers, all and everyone, as members of Christ have communion with Him and share in all His treasures and gifts.[1] Second, that everyone is duty-bound to use his gifts readily and cheerfully for the benefit and well-being of the other members.[2]

[1] *Rom. 8:32; I Cor. 6:17; 12:4-7, 12, 13; I John 1:3.*

[2] *Rom. 12:4-8; I Cor. 12:20-27; 13:1-7; Phil. 2:4-8.*

12/29 HC#56

WHAT DO YOU BELIEVE CONCERNING THE FORGIVENESS OF SINS?

I believe that God, because of Christ's satisfaction, will no more remember my sins,[1] nor my sinful nature, against which I have to struggle all my life,[2] but He will graciously grant me the righteousness of Christ, that I may never come into condemnation.[3]

[1] *Ps. 103:3, 4, 10, 12; Mic. 7:18, 19; II Cor. 5:18-21; I John 1:7; 2:2.*

[2] *Rom. 7:21-25. [3] John 3:17, 18; 5:24; Rom. 8:1, 2.*

12/30 HC#57

WHAT COMFORT DOES THE RESURRECTION OF THE BODY OFFER YOU?

Not only shall my soul after this life immediately be taken up to Christ, my Head,[1] but also this my flesh, raised by the power of Christ, shall be reunited with my soul and made like Christ's glorious body.[2]

[1] *Luke 16:22; 23:43; Phil. 1:21-23.*

[2] *Job 19:25, 26; I Cor. 15:20, 42-46, 54; Phil. 3:21; I John 3:2.*

12/31 HC#58

WHAT COMFORT DO YOU RECEIVE FROM THE ARTICLE ABOUT THE LIFE EVERLASTING?

Since I now already feel in my heart the beginning of eternal joy, [1] I shall after this life possess perfect blessedness, such as no eye has seen, nor ear heard, nor the heart of man conceived-- a blessedness in which to praise God forever.[2]

[1] *John 17:3; Rom. 14:17; II Cor. 5:2, 3.*

[2] *John 17:24; I Cor. 2:9.*

01/01 HC#59

BUT WHAT DOES IT HELP YOU NOW THAT YOU BELIEVE ALL THIS?

In Christ I am righteous before God and heir to life everlasting.[1]

[1] *Hab. 2:4; John 3:36; Rom. 1:17; 5:1, 2.*