

Morning to Evening Prayer

“²⁴ Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.”

John 12:24



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

Introduction to Morning to Evening Prayer

The season of Lent prepares our hearts for Easter. According to Luke 9:51, as the day drew near for Christ to be taken up, He set His face toward Jerusalem. During Lent we set our hearts toward the cross with humble repentance for sin and hopeful expectation of Christ's cross and resurrection. We suffer with Jesus as we follow His way.

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 as a lamp to 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, and midday proverb. The Sunday Catechism can be found in the index section in the back (pg. 39ff). 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*)
- Adoration: Read and adore God for His great character and kingdom clarified in the verse.
 - Meditation: Read and consider key phrases, prepositions, people, plots, connections, and redemptive themes.
 - 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. (foreshadowed/promised in the OT & fulfilled in Christ's life, death and resurrection in the NT)
 - Supplication: Read and seek God's guidance in applying the text. Write down the application.
- † **THE GLORIA** Ephesians 1:3
- Sing praise to our Triune God for His holiness, greatness, and presence.
- † **THE CREED** Titus 1:9
- 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 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 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.*

† **SONG OF PRAISE** Psalm 103:1-3

- *Sing praise to God because all blessings come from Him.*

† **SUNDAY 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 04/05-04/11

† PSALM PRAYER (*see Psalm Index*)

I am the Lord your God,
Who brought you up out of the land of Egypt.

Open your mouth wide, and I will fill it.

O Lord, open our lips,
and our mouths will declare Your praise.

(Read Psalm and pray)

† SCRIPTURE READING (*see Scripture Index*)

Man does not live by bread alone, but man lives by every word
that comes from the mouth of the Lord.

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

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

† THE GLORIA “Praise and Glory to the Father” (*Regent Square*)

**Praise and glory to the Father, praise and glory to the Son,
Praise and glory to the Spirit: ever Three and ever One;
One in might and One in glory, while unending ages run!**

† THE CREED Colossians 1:15-20

“¹⁵He is the image of the invisible God, the firstborn of all
creation. ¹⁶For by Him all things were created, in heaven and on
earth, visible and invisible, whether thrones or dominions or
rulers or authorities—all things were created through Him and
for Him. ¹⁷And He is before all things, and in Him all things hold
together. ¹⁸And He is the head of the body, the church. He is the
beginning, the firstborn from the dead, that in everything He
might be preeminent. ¹⁹For in Him all the fullness of God was
pleased to dwell, ²⁰and through Him to reconcile to Himself all
things, whether on earth or in heaven, making peace by the blood
of His cross.”

† 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** Psalm 22:23-24

²³ You who fear the Lord, praise Him!

All you offspring of Jacob, glorify Him, and stand in awe of Him,
all you offspring of Israel!

²⁴ **For He has not despised or abhorred the affliction of the afflicted, and He has not hidden His face from him, but has heard, when he cried to Him.**

(Pray Forward into the day)

† **PROMISE FOR THE DAY** Psalm 22:26

Help us deny ourselves, take up our cross, and follow Jesus,
our Savior.

“²⁶ The afflicted shall eat and be satisfied; those who seek Him shall praise the Lord! May your hearts live forever!”

Midday Prayer Guide 04/05-04/11

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

Be gracious to us, O Lord, for to You do we cry all the day.

Gladden the soul of Your servants, for to You, O Lord, do we lift up our souls.

(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)

Evening Prayer Guide 04/05-04/11

† PSALM PRAYER (*see Psalm Index*)

Weeping may tarry for the night, but joy comes with the morning.
You have turned for me my mourning into dancing; You have loosed my sackcloth and clothed me with gladness, that my glory may sing Your praise and not be silent.

(Read Psalm and pray)

† CONFESSION

You say blessed are the peacemakers, for they shall be called sons of God. Blessed are those persecuted for righteousness sake, for theirs is the kingdom of God.

But we have repaid evil for evil, we have cursed rather than blessed, and have stirred up bitterness. We have become overcome by evil rather than overcoming evil with good.

You were despised and rejected by men, a man of sorrows and acquainted with grief.

In our sin we have despised you, in our rebellion we have rejected you. We have grieved you by our sin.

You are the good shepherd who laid down Your life for our sin.

All we like sheep have gone astray; we have turned—every one—to our own way.

(Confess personal sin)

You bore the sin of many and made intercession for the transgressors.

Forgive us and cleanse us from our sins through Christ's sacrifice.

† GOSPEL PROMISE Isaiah 53:4-5

† THANKSGIVING PRAYERS

† SONG OF PRAISE "Jesus Paid it All"

**I hear the Saviour say,
"Thy strength indeed is small,
Child of weakness, watch and pray,
Find in Me thine all in all."**

**Chorus: Jesus paid it all,
All to Him I owe;
Sin had left a crimson stain,
He washed it white as snow.**

**Lord, now indeed I find
Thy power, and Thine alone,
Can change the leper's spots,
And melt the heart of stone.**
Chorus

**For nothing good have I
Whereby Thy grace to claim—
I will wash my garments white
In the blood of Calvary's lamb.**
Chorus

**And when, before the throne,
I stand in him complete,
"Jesus died my soul to save,"
My lips shall still repeat.**
Chorus

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

† **PERSONAL PRAYER** Psalm 22:23-24
 ²³ You who fear the Lord, praise Him!
 All you offspring of Jacob, glorify Him, and stand in awe of Him,
 all you offspring of Israel!
²⁴ **For He has not despised or abhorred the affliction of the
afflicted, and He has not hidden His face from him, but has
heard, when he cried to Him.**
(Pray Backward over the day)

† **PROMISE FOR THE NIGHT** Psalm 4:7-8
 ⁷ You have put more joy in my heart
 than they have when their grain and wine abound.
⁸ **In peace I will both lie down and sleep;
for You alone, O Lord, make me dwell in safety.**

Easter Morning Prayer Guide 04/12

† PSALM PRAYER (*see Psalm Index*)

Christ is risen.

He is risen indeed!

Worthy is the Lamb who was slain,
**to receive power and wealth and wisdom and might
and honor and glory and blessing!**

O Lord, open our lips,
and our mouths will declare Your praise.

(Read Psalm and pray)

† SCRIPTURE READING (*see Scripture Index*)

Of His own will He brought us forth by the word of truth, that
we should be a kind of firstfruits of His creatures.

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

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

† THE GLORIA “Alleluia! Alleluia” (*Ebenezer*)

**Alleluia! Alleluia! Glory be to God on high;
Alleluia to the Savior, Who has won the victory;
Alleluia to the Spirit, fount of love and sanctity.
Alleluia! Alleluia to the Triune Majesty.**

† THE CREED Philippians 2:4-11

**“⁴Let each of you look not only to his own interests, but also to the
interests of others. ⁵Have this mind among yourselves, which is
yours in Christ Jesus, ⁶Who, though He was in the form of God,
did not count equality with God a thing to be grasped, ⁷but
emptied Himself, by taking the form of a servant, being born in
the likeness of men. ⁸And being found in human form, He
humbled Himself by becoming obedient to the point of death,
even death on a cross. ⁹Therefore God has highly exalted Him
and bestowed on Him the name that is above every name, ¹⁰so
that at the name of Jesus every knee should bow, in heaven and
on earth and under the earth, ¹¹and every tongue confess that
Jesus Christ is Lord, to the glory of God the Father.”**

† 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 Ephesians 1:16-18

¹⁶I do not cease to give thanks for you, remembering you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of Him,

¹⁸**having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints, ¹⁹and what is the immeasurable greatness of His power toward us who believe, according to the working of His great might ²⁰that He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places.**

(Pray Forward into the day)

† PROMISE FOR THE DAY Psalm 22:27-28

Strengthen us in the power of the resurrection to live a new life!

²⁰**Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen."**

Easter Midday Prayer Guide 04/12

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

Be gracious to us, O Lord, for to You do we cry all the day.

Gladden the soul of Your servants, 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)

Easter Evening Prayer Guide 04/12

† PSALM PRAYER (*see Psalm Index*)

Hallelujah! For the Lord our God the Almighty reigns. Let us rejoice and exult and give Him glory

For the marriage of the Lamb has come, and His Bride has made herself ready; it was granted to clothe herself with fine linen, bright and pure.

(Read Psalm and pray)

† CONFESSION

Almighty God, You have raised Jesus from the grave and crowned Him Lord of all.

We confess that we have not bowed before Him or acknowledged His rule in our lives. We have gone along with the way of the world and failed to give Him glory.

(Confess Personal Sin)

Forgive and raise us from sin, that we may be faithful to You; **ObeYing the commands of our Lord Jesus Christ, who rules the world and is head of the church, His body. Amen.**

† GOSPEL PROMISE John 11:25-26

† THANKSGIVING PRAYERS

† SONG OF PRAISE “In Christ Alone”

**“In Christ alone my hope is found;
He is my light, my strength, my song;
This cornerstone, this solid ground,
Firm through the fiercest drought and storm.
What heights of love, what depths of peace,
When fears are stilled, when strivings cease!
My comforter, my all in all—
Here in the love of Christ I stand.**

**In Christ alone, Who took on flesh,
Fullness of God in helpless babe!
This gift of love and righteousness,
Scorned by the ones He came to save.
Till on that cross as Jesus died,
The wrath of God was satisfied;
For ev’ry sin on Him was laid—
Here in the death of Christ I live.**

There in the ground His body lay,
Light of the world by darkness slain;
Then bursting forth in glorious day,
Up from the grave He rose again!
And as He stands in victory,
Sin's curse has lost its grip on me;
For I am His and He is mine—
Bought with the precious blood of Christ.

No guilt in life, no fear in death—
This is the pow'r of Christ in me;
From life's first cry to final breath,
Jesus commands my destiny.
No pow'r of hell, no scheme of man,
Can ever pluck me from His hand;
Till He returns or calls me home—
Here in the pow'r of Christ I'll stand.”

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

† **PERSONAL PRAYER** Ephesians 1:16-20

¹⁶I do not cease to give thanks for you, remembering you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of Him,

¹⁸**having the eyes of your hearts enlightened, that you may know what is the hope to which He has called you, what are the riches of His glorious inheritance in the saints, ¹⁹and what is the immeasurable greatness of His power toward us who believe, according to the working of His great might ²⁰that He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places.**

(Pray Backward over the day)

† **PROMISE FOR THE NIGHT** Psalm 4:7-8

⁷You have put more joy in my heart
than they have when their grain and wine abound.

⁸**In peace I will both lie down and sleep;
for You alone, O Lord, make me dwell in safety.**

Psalm Index³

4/05 M:3 E:4

4/06 M:5 E:6

4/07 M:7 E:8

4/08 M:9 E:10

4/09 M:11 E:12

4/10 M:13 E:14

4/11 M:15 E:16

4/12 M:17 E:18

³ M: Morning Psalm
E: Evening Psalm

Scripture Index

4/05 Psalm 34

4/06 Matthew 26:1-16

4/07 Matthew 26:17-29

4/08 Matthew 26:30-46

4/09 Matthew 26:47-75

4/10 Matthew 27:1-56

4/11 Matthew 27:57-66

4/12 Psalm 118 &

Matthew 27:67-28:20

Proverbs Index

4/05 Proverbs 24:15–22

4/06 Proverbs 24:23–34

4/07 Proverbs 25:1–7

4/08 Proverbs 25:8–14

4/09 Proverbs 25:15–24

4/10 Proverbs 25:25–28

4/11 Proverbs 26:1–10

4/12 Proverbs 26:11–19

Catechism Index

Westminster Confession of Faith

Instructions: The Westminster Confession of Faith is divided by multiple topics (e.g. Of the Holy Scripture) indicated by the chapter number. The theology is then explained in confession statements broken down into different roman numeral points. For each Roman numeral confession statement you will find various Bible texts which support the statement. Read the roman numeral confession statement and then explore the support verses.

04/05 Chapter 11 **Of Justification**

I. Those whom God effectually calleth, He also freely justifieth;(a) not by infusing righteousness into them, but by pardoning their sins, and by accounting and accepting their persons as righteous, not for anything wrought in them, or done by them, but for Christ's sake alone; nor by imputing faith itself, the act of believing, or any other evangelical obedience to them, as their righteousness, but by imputing the obedience and satisfaction of Christ unto them,(b) they receiving and resting on Him and His righteousness by faith; which faith they have not of themselves, it is the gift of God.(c)

(a) Rom. 8:30; Rom. 3:24.

(b) Rom. 4:5, 6, 7, 8; II Cor. 5:19, 21; Rom. 3:22, 24, 25, 27, 28; Tit. 3:5, 7; Eph. 1:7; Jer. 23:6; I Cor. 1:30, 31; Rom. 5:17, 18, 19.

(c) Acts 10:43; Gal. 2:16; Phil. 3:19; Acts 13:38, 39; Eph. 2:7, 8.

II. Faith, thus receiving and resting on Christ and His righteousness, is the alone instrument of justification;(d) yet is it not alone in the person justified, but is ever accompanied with all other saving graces, and is no dead faith, but worketh by love.(e)

(d) John 1:12; Rom. 3:28; Rom. 5:1.

(e) Jam. 2:17, 22, 26; Gal. 5:6.

III. Christ, by His obedience and death, did fully discharge the debt of all those that are thus justified, and did make a proper, real, and full satisfaction to His Father's justice in their behalf.(f) Yet, inasmuch as He was given by the Father for them;(g) and His obedience and satisfaction accepted in their stead;(h) and both freely, not for anything in them; their justification is only of free grace;(i) that both the exact justice, and rich grace of God, might be glorified in the justification of sinners.(k)

(f) Rom. 5:8, 9, 10, 19; I Tim. 2:5, 6; Heb. 10:10, 14; Dan. 9:24, 26; Isa. 53:4, 5, 6, 10, 11, 12.

(g) Rom. 8:32.

(h) II Cor. 5:21; Matt. 3:17; Eph. 5:2.

(i) Rom. 3:24; Eph. 1:7.

(k) Rom. 3:26; Eph. 2:7.

IV. God did, from all eternity, decree to justify all the elect,(l) and Christ did, in the fulness of time, die for their sins, and rise again for their justification:(m) nevertheless, they are not justified, until the Holy Spirit doth, in due time, actually apply Christ unto them.(n)

(l) Gal. 3:8; I Pet. 1:2, 19, 20; Rom. 8:30.

(m) Gal. 4:4; I Tim. 2:6; Rom. 4:25.

(n) Col. 1:21, 22; Gal. 2:16; Tit. 3:3, 4, 5, 6, 7.

V. God doth continue to forgive the sins of those that are justified:(o) and although they can never fall from the state of justification;(p) yet they may, by their sins, fall under God's fatherly displeasure, and not have the light of His countenance restored unto them, until they humble themselves, confess their sins, beg pardon, and renew their faith and repentance.(q)

(o) Matt. 6:12; I John 1:7, 9; I John 2:1, 2.

(p) Luke 22:32; John 10:28; Heb. 10:14.

(q) Ps. 89:31, 32, 33; Ps. 51:7, 8, 9, 10, 11, 12; Ps. 32:5; Matt. 26:75; I Cor. 11:30, 32; Luke 1:20.

VI. The justification of believers under the old testament was, in all these respects, one and the same with the justification of believers under the new testament.(r)

(r) Gal. 3:9, 13, 14; Rom. 4:22, 23, 24; Heb. 13:8.

04/12 Chapter 12

Of Adoption

All those that are justified, God vouchsafeth, in and for His only Son Jesus Christ, to make partakers of the grace of adoption:(a) by which they are taken into the number, and enjoy the liberties and privileges of the children of God,(b) have His name put upon them,(c) receive the spirit of adoption,(d) have access to the throne of grace with boldness,(e) are enabled to cry, Abba, Father,(f) are pitied,(g) protected,(h) provided for,(i) and chastened by Him as by a Father;(k) yet never cast off,(l) but sealed to the day of redemption,(m) and inherit the promises,(n) as heirs of everlasting salvation.(o)

(a) Eph. 1:5.

(b) Gal. 4:4, 5; Rom. 8:17; John 1:12.

(c) Jer. 14:9; II Cor. 6:18; Rev. 3:12.

(d) Rom. 8:15.

(e) Eph. 3:12; Rom. 5:2.

(f) Gal. 4:6.

(g) Ps. 103:13.

(h) Prov. 14:26.

(i) Matt. 6:30, 32; I Pet. 5:7.

- (k) Heb. 12:6.
- (l) Lam. 3:31.
- (m) Eph. 4:30.
- (n) Heb. 6:12.
- (o) I Pet. 1:3, 4; Heb. 1:14.

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