



HOLY WEEK 2019
THE DAILY PRAYER PROJECT
ADVENT | CHRISTMAS | EPIPHANY | LENT | EASTER



INTRODUCTION

Let's face it: Living a life of prayer is hard. Far too often, our models for prayer are catered towards the discipline of the isolated individual. This person organizes her life with such precision that she is always on top of her "quiet times" and Bible reading plan. We see texts that portray Jesus as one who withdrew by himself to pray and abide with the Father (Luke 5:16) and we make those vignettes our template for the ideal life of prayer. This model works for some (the ones who are more disciplined in nature) but it does not work for many of us. We often fail to see that like many things in the Christian faith, individual efforts of prayer are never to be isolated and severed from the community of the people of God. Rather, they are meant to be encouraged, animated, challenged, and sustained by the Spirit at work in the Body of Christ.

Common worship and prayer has always been a part of the life of the people of God from the Old Testament to the New. In fact, we still experience it. The most basic form of this for Christians is on the Lord's Day, when the saints gather together to sing common songs, pray common prayers, eat the same Lord's Supper, hear the same scripture read and preached, and celebrate the same holy seasons and days. However, for all streams of Christendom, other times of weekly and daily worship and prayer have been seen as vital and necessary for living a faithful and formative life of discipleship. We need the prayers of others and others need our prayers.

The Daily Prayer Project (DPP) is an entrance into that experience of common prayer. It is an attempt to nudge us into a model of prayer that places much more weight on the communal work of prayer, which then fuels and forms our individual lives of prayer. It is a holy, unifying, and empowering experience to know that you and your community are praying together in a common way throughout the Christian Year. Consider establishing rhythms of prayer in your household, workplace, small groups, or other gatherings so that you might experience the formative reality of common prayer together.

If doing this liturgy individually, you are encouraged to go straight through it, taking your time to soak it in. If doing this as a family or a group, it may be best to alternate speaking each element out loud: one person does the psalm, the next person says the reading, the next person says a refrain, etc. Consider using different postures in prayer (like standing, kneeling, lifted or open hands, etc.) that fit your context. You are encouraged to lean on the Body of Christ for this life of common prayer; don't go at it alone!

THE METHODS AND ELEMENTS

So how do you use this thing anyway? Each day features morning and evening prayer liturgies that are framed by common elements. Every person and every culture prays differently. However, it is helpful to have guidance in the life of prayer through some basic forms and prompts; there is both structure and spontaneous, Spirit-led freedom. This principle shapes the DPP. Everyone's style of praying is different because every person is different. Beyond that, Christian prayer varies widely within cultures and denominations. No one method can capture that. However, I hope that within the Daily Prayer Project you will find

that there is enough structure and freedom to facilitate a diverse community of prayer. Take every element as a suggestion of guidance, not as a binding rule:

- **THE CALL (PSALMS):** Every liturgy of the DPP begins with a call to prayer from the Psalms. This is the shape of Christian worship and prayer: the Father, Son, and Spirit beckons us by the call and we respond. God takes the initiative by his gracious love and welcomes us into his presence. The Psalms are the official prayerbook & songbook of the people of God, given to us in the holy scriptures. They have two purposes: first, they give us the words to express to God all of the different postures and emotions that we experience in human life (praise, thanksgiving, lament, confession, anger, etc.); second, as we pray and sing them, they serve to form our language and posture of prayer before God. In the DPP, we are given the same Psalm to pray twice in the day, allowing for more repetition and deeper mediation in prayer. Through the DPP lectionary, we pray all of the 150 Psalms twice a year.
- **SILENCE OR SONG:** We live in a loud world, internally and externally. Silence is a counter-cultural act of resistance. Much of life in the modern world is designed to constantly distract us from our own solitary thoughts and from practicing the presence of God. It is good to pause in God's presence, to listen for his voice. This is also a time for singing and spontaneous praise. Resources for this purpose are given below.
- **SCRIPTURE READINGS:** The scriptures give us The Story of the Father's redemption of all things in the Son by the power of the Spirit. It is to be our daily bread. It is to be the God-given script after which we pattern our lives. The guide uses the readings from the Daily Prayer Project Lectionary, which moves through Scripture in a slow, 3-year cycle that features one old testament passage and one new testament passage per day. This is a much slower way to move through the scriptures than a typical Bible reading plan, which is intentionally designed so that the passage may be truly poured over, read multiple times, and studied in a deeper way.
- **CONFESSION & ASSURANCE:** This is a time for us to examine our lives, confess our sins, and receive anew God's love for us. There are three times of confession a week: Monday, Wednesday, and Saturday.
- **ABIDING:** This element is modeled after the ancient form of Christian prayer called *lectio divina*, Latin for "divine reading." This is a form of prayer with four steps: read, meditate, pray, contemplate. The practice here is to let the scriptures be the means through which we encounter and behold God. First, we hear and read back over the scriptures, noticing things that strike us, ask questions, and study; secondly, we meditate (literally "chew") on the words; third, we pray through those scriptures in a holy dialogue with the Triune God; fourth, and finally, we "contemplate," meaning we bask in our communion with God through the Holy Spirit, experiencing what Bernard of Clairvaux called a "kiss" from God that assures us of our union with God.
- **PROMPTED PRAYERS:** These are prompts that help us respond to the scriptures and remind us to pray for all people in all stations of human life. They are merely suggestions; listen to the Spirit's promptings as you are led to pray for many other things not prompted in the DPP.

- **PRAYERS:** There will be a variety of prayers throughout the seasons of the DPP taken from traditional prayers like the Lord's Prayer to more modern and meditative prayers. Let these prayers search you out and guide you on; pray through them multiple times and make them your own.
- **REFRAINS, CREEDS, & SONGS:** These are expressions of faith and devotion that remind us what we believe as Christians.
- **THE BENEDICTION:** We close our day with a word of love and blessing over lives from God himself, the Alpha and the Omega, the Beginning and the End. Our days are framed by the Call and the Benediction; God has the first and the last word over all things in our lives.

RESOURCES AND PRACTICES

All of the seasons of the Christian Year at Grace Mosaic are accompanied by curated music and devotional resources that are accessible at our website: www.gracemosaic.org

CREDITS

This prayer book features many prayers from Canyon Road: A Book of Prayer by Kari Kristina Reeves (©2016 Atlas Spiritual Designs), which can be purchased at www.exploreatlas.org (citations noted with Canyon Road: A Book of Prayer).

All scripture readings are from the English Standard Version (©2001, Crossway).

COVER ARTWORK

Fiona Moes Pel

"Our Sake/Forsaken" (2015)

Charcoal, graphite, and water colour

11" X 15"

Fiona is an artist from Vancouver, Canada. Central to her work is a consideration of how experiences of the metaphysical can manifest materially. Fiona has a Master of Fine Arts (Emily Carr University), Bachelor of Fine Arts (University of the Fraser Valley) and a Bachelor of Education (Simon Fraser University). Her work has been exhibited and collected both locally and abroad. You can learn more about her work at www.fionamoespel.com.

May we all experience deep communion and transformation during this Holy Week as we learn, together, to pray without ceasing.

Grace and peace,

Rev. Joel Littlepage
Pastor of Worship & Formation
Grace Mosaic
Washington, DC

+ MORNING PRAYER +

THE CALL

PSALM 24

SILENCE OR SONG

OLD TESTAMENT READING

ISAIAH 49

THE LORD'S DAY PRAYER

Lord Jesus, at the beginning of this Holy Week, I recognize that you came in vulnerability and humility to seek and save the lost. I recognize that you came to serve and not to be served. You came to give your life as a ransom for many, including my own! Help me to come into your presence today with a vulnerable heart that is ready to adore you, praise you, be confronted by you, learn from you, and love you. Show yourself today to be more beautiful and believable than I have known before! For your glory and my good. Amen.

ABIDING

Pause at the start of Palm Sunday and the beginning of Holy Week. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For humility and dependency on God
- For an ability to sink deeper into the story and meaning of this Holy Week
- For a remembrance of and tangible acts of love for the poor

THE LORD'S PRAYER

PALM SUNDAY

APRIL 14, 2019

+ EVENING PRAYER +

THE PSALM

PSALM 24

THE DOXOLOGY

*Praise God from whom all blessings flow
Praise him all creatures here below
Praise him above, ye heavenly host
Praise Father, Son, and Holy Ghost*

SILENCE OR SONG

PRAYER

*Protect us, Jesus, from the world,
The flesh, and the devil.
I pray in your name, amen.
(Canyon Road: A Book of Prayer)*

NEW TESTAMENT READING

MATTHEW 21-22

ABIDING

Pause at the end of this Sabbath Day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

*Pray for the known needs of your church, neighborhood,
city, and world.*

THE BENEDICTION

*The LORD has taken away the judgments against you;
he has cleared away your enemies.
The King of Israel, the LORD, is in your midst;
you shall never again fear evil.
(Zephaniah 3:15)*

+ MORNING PRAYER +

THE CALL

PSALM 113

THE GLORIA

*Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be:
world without end. Amen.*

SILENCE OR SONG

NEW TESTAMENT READING

MATTHEW 23

ABIDING

Pause at the start of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For God to uncover the idols of our hearts and bring repentance
- For missionaries serving far from home
- For friends and family members who do not profess faith

THE LORD'S PRAYER

HOLY MONDAY

APRIL 15, 2019

+ EVENING PRAYER +

THE PSALM

PSALM 113

SILENCE OR SONG

CONFESSION AND ASSURANCE

C: Eternal God, you are truth. I have been deceived; Misguided by lies, and disoriented by darkness. In my error, correct me. In my repentance, forgive me. In my ignorance, illuminate me. Jesus, your name is above every other name: I worship you.

(Canyon Road: A Book of Prayer)

(Let this prayer search you out. Freely confess in grace and in truth)

A: In the world you will have tribulation. But take heart; I have overcome the world.

(John 16:33)

OLD TESTAMENT READING

ISAIAH 50:1-11

ABIDING

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

Pray for the known needs of your church, neighborhood, city, and world.

THE BENEDICTION

Jesus Christ is the same yesterday and today and forever. Rest tonight in the unchangeable love of our Lord Jesus.

(based on Hebrews 13:8)

+ MORNING PRAYER +

THE CALL

PSALM 114

SILENCE OR SONG

OLD TESTAMENT READING

ISAIAH 50:12-23

PRAYER

*Uncover the things I hide.
(Canyon Road: A Book of Prayer)*

ABIDING

Pause at the start of this day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For a life patterned after the ways of the Kingdom of God
- For those who are persecuted for their faith
- For those who live without hope today

THE LORD'S PRAYER

+ EVENING PRAYER +

THE PSALM

PSALM 114

SILENCE OR SONG

NEW TESTAMENT READING

MATTHEW 24

ABIDING

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

Pray for the known needs of your church, neighborhood, city, and world.

THE BENEDICTION

*The Son of Man came not to be served but to serve,
and to give his life as a ransom for many.
(Mark 10:45)*

HOLY TUESDAY

APRIL 16, 2019

+ MORNING PRAYER +

THE CALL

PSALM 115

THE GLORIA

*Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end.
Amen.*

SILENCE OR SONG

NEW TESTAMENT READING

MATTHEW 25

CONFESSION AND ASSURANCE

C: Lord Jesus, you taught us that in Your kingdom: Blessed are the poor in spirit. But we have been rich in pride. Blessed are those who mourn. But we have not known much sorrow for our sin. Blessed are the meek. But we are rebellious by nature. Blessed are those who hunger and thirst for righteousness. But we have great desire for evil and little longing for Your true goodness. Blessed are the merciful. But we are harsh and impatient. Blessed are the pure in heart. But we have impure hearts. Blessed are the peacemakers. But we have not sought reconciliation. Blessed are those who are persecuted because of righteousness. But our lives do not challenge the world.

(based on the Beatitudes from Matthew 5:3-11, taken from The Worship Sourcebook, 2nd Ed.)

A: By his wounds you have been healed.

(1 Peter 2:24)

ABIDING

Pause at the start of this day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For a heart that does not love money but instead is generous
- For a sober-minded humility
- For those in prison and those who minister to them

THE LORD'S PRAYER

+ EVENING PRAYER +

THE PSALM

PSALM 115

SILENCE OR SONG

OLD TESTAMENT READING

ISAIAH 51

PRAYER

*Teach me, my God,
to suffer in peace the afflictions which You send me
that my soul may emerge from the crucible like gold,
both brighter and purer, to find You within me.*

(St. Teresa of Avila)

ABIDING

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

*Pray for the known needs of your church, neighborhood,
city, and world.*

THE BENEDICTION

*Humble yourselves before the Lord, and he will exalt you.
(James 4:10)*

HOLY WEDNESDAY

APRIL 17, 2019

+ MORNING PRAYER +

THE CALL

PSALM 116

THE SHEMA

*Hear, O Israel: The LORD our God, the LORD is one.
You shall love the LORD your God with all your heart
and with all your soul and with all your might.*

(Deuteronomy 4:5-6)

SILENCE OR SONG

OLD TESTAMENT READING

ISAIAH 52

ABIDING

Pause at the start of a new day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For a life that serves others as Jesus has served you
- For your enemies and those who offend you
- For those who have been betrayed

THE LORD'S PRAYER

MAUNDY THURSDAY

APRIL 18, 2019

+ EVENING PRAYER +

THE PSALM

PSALM 116

SILENCE OR SONG

REFRAIN

*Glory, glory, hallelujah!
Since I laid my burden down
I feel better, so much better
Since I laid my burden down
(Glory Glory Hallelujah, An African American Spiritual)*

NEW TESTAMENT READING

MATTHEW 26

ABIDING

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

Pray for the known needs of your church, neighborhood, city, and world.

THE BENEDICTION

*This is my commandment,
that you love one another as I have loved you.
(John 15:12)*

+ MORNING PRAYER +

THE CALL

PSALM 22

THE GLORIA

*Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without
end. Amen.*

SILENCE OR SONG

NEW TESTAMENT READING

MATTHEW 27:1-56

HYMN

See, from his head, his hands, his feet, sorrow and love flow mingled down. Did e'er such love and sorrow meet, or thorns compose so rich a crown?	Were the whole realm of nature mine, that were a present far too small. Love so amazing, so divine, demands my soul, my life, my all.
---	--

(The Wondrous Cross, Isaac Watts)

ABIDING

*Pause at the start of a new day. Enjoy communion with the living God:
Father, Son, and Spirit. Listen for the voice of God in the scriptures.
Read. Meditate. Pray. Contemplate. Seek God's face.*

PROMPTED PRAYER

- For a deep wonder and sorrow at the crucifixion of Jesus
- For the will to die to our sin that we may live to righteousness
- For those who suffer in agony today

THE LORD'S PRAYER

GOOD FRIDAY

APRIL 19, 2019

+ EVENING PRAYER +

THE PSALM PSALM 22

SILENCE OR SONG

OLD TESTAMENT READING ISAIAH 53:1-8

HYMN

Manos cariñosas, manos de Jesús,
manos que llevaron la pesado cruz.
Manos que supieron sólo hacer el bien,
¡Gloria a esas manos! ¡Aleluya amén!

Manos que supieron calmar el dolor,
¡Oh manos divinas de mi Redentor!
Que multiplicaron los peces y el pan,
manos milagrosas que la vida dan.

Manos que sufrieron el clavo y la cruz;
Manos redentoras de mi buen Jesús.
De esas manos bellas yo confiado estoy,
ellas van guiando, pues al cielo voy.

¡Oh Jesús tus manos yo las ví en visión
y vertí mi llanto con el corazón;
Ví sus dos heridas y la sangre ví
que tú derramaste por salvarme a mí.

(Manos cariñosas, M. Alfredo Colom)

Bleeding hands of Jesus, crucified for me
On a cross so heavy, nailed upon a tree,
Showing only goodness, to both foe and friend,
Glory, alleluia to those hands, Amen.

Hands whose tender touch gave solace and relief,
Holy hands of Jesus, soothing pain and grief,
Feeding hungry people, breaking fish and bread,
Working signs and wonders, raising from the dead.

Hands that bore the anguish of the brutal nails,
Hands that bought redemption, love that never fails,
Those sure hands will guide me, lest I go astray,
Pointing me to heaven on the pilgrim way.

In a blessed vision, Lord, your hands I saw,
As my weeping spirit filled with love and awe,
Seeing wounds you suffered, nailed upon the tree,
And your blood so precious, shed in saving me.

ABIDING

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

INTERCESSORY PRAYER

Pray for the known needs of your church, neighborhood, city, and world.

THE BENEDICTION

*I have been crucified with Christ. It is no longer I who live,
but Christ who lives in me.
And the life I now live in the flesh I live by faith in the Son of God,
who loved me and gave himself for me.
(Galatians 2:20)*

+ MORNING PRAYER +

THE CALL

PSALM 88

SILENCE OR SONG

OLD TESTAMENT READING

ISAIAH 53:9-12

THE CREED

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.

Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
(taken from the Nicene Creed)

ABIDING

*Pause at the start of a new day. Enjoy communion with the living God:
Father, Son, and Spirit. Listen for the voice of God in the scriptures.
Read. Meditate. Pray. Contemplate. Seek God's face.*

PROMPTED PRAYER

- For a wonder and sorrow at the burial of Jesus
- For a deep rest of the love of God
- For those grieving a death

THE LORD'S PRAYER

+ EVENING PRAYER +

THE PSALM

PSALM 88

SILENCE OR SONG

CONFESSION AND ASSURANCE

C: Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, grant us peace.

(The Agnus Dei)

A: Christ, our Passover lamb, has been sacrificed. Let us therefore celebrate the festival, not with the old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth.

(1 Corinthians 5:7-8)

NEW TESTAMENT READING

MATTHEW 27:57-66

ABIDING

Pause at the end of this Holy Week. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

THE BENEDICTION

Lord, you now have set your servants free to go in peace as you have promised, for these eyes of ours have seen the savior, whom you have prepared for all the world to see: A Light to enlighten the nations, and the glory of your people Israel. Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

(Nunc Dimittis - The Song of Simeon, based on Luke 2:29-32)

HOLY SATURDAY

APRIL 20, 2019

I HAVE BEEN CRUCIFIED
WITH CHRIST.
IT IS NO LONGER I WHO LIVE,
BUT CHRIST WHO
LIVES IN ME.

AND THE LIFE I NOW LIVE IN
THE FLESH I LIVE **BY FAITH**
IN THE SON OF GOD,
WHO LOVED ME AND GAVE
HIMSELF FOR ME.

GALATIANS 2:20



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