



# Lent Prayer Guide 2016



# Keeping a Holy Lent

*Adapted from Craig Higgins, "On Keeping a Holy Lent" (available online: [citychurchphilly.com/articles](http://citychurchphilly.com/articles))*

People from different religious backgrounds have very different reactions to the season of Lent. Some grow up in churches where Lent is observed, but with little to no real explanation. Whether observed as a time of strict austerity or merely as a time of forgoing a few simple pleasures, in such cases Lent may seem like an empty, meaningless ritual.

On the other hand, some grow up in church tradition where Lent is not observed at all. These folks may think of Lenten observance as, at best, a hollow custom, or, at worst, quite foreign to authentic Christianity. As a matter of fact, many who grew up in church have the same question as those who didn't: "What is Lent, anyway?"

Lent's origin is hidden in the early centuries of church history, but we do know that it originated as a time of preparation for Easter. From the church's earliest days, the resurrection of Christ celebrated not only each week (on Sunday, the Lord's Day), but also in a special festival of the resurrection. This festival we call Easter Day, and it is celebrated as the Sunday of Sundays!

Lent, as a season of preparation, is traditionally focused on repentance. Speaking biblically, to repent means to make a change in our attitudes, words, and lifestyles. As 16th century reformer Martin Luther taught, the Christian life in its totality is a life of repentance. Beginning when we first commit our lives to Christ, and continuing throughout our lives, we are more and more turning away from sin and self-centeredness and more and more turning to our Lord and Savior Jesus Christ.

Even though a repentant spirit should mark all we do, it is still appropriate that certain times be set aside for a particular focus on repentance.\* The church has traditionally done this at the Lenten season (and, to a lesser extent, in the pre-Christmas season of Advent). Lent, therefore, is a time for focusing on the heart, a time for asking questions about our spiritual health:

- What are my characteristic sins, and how can I work and pray for change?
- What idols have captured my imagination so that my love for the living God has grown cold?
- In what ways is my devotion to Christ and his church less than wholehearted?

The Lenten season is the spiritual equivalent of an annual physical exam; it's a time to take stock of our lives, our hearts.

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\* In much the same way, we celebrate the resurrection of Christ each Sunday, but especially at Easter; and while we should always thank God for the Incarnation, we especially celebrate it at Christmas. These periodic reminders keep us from becoming forgetful and imbalanced.

## HOW CAN I (& MY FAMILY) KEEP A HOLY LENT?

Traditionally, the Lenten season is observed in four basic (and often overlapping) ways:

**Self-examination:** As we've discussed, this is central to the traditional Lenten observance. Use this time to ask yourself some hard questions about your spiritual life, your spiritual maturity. If you're married, ask your spouse to give you his or her evaluation of your spiritual health. Many Christians have a Christian friend, or a small group of fellow believers, who have agreed to hold them accountable. If you don't have an accountability group or partner, Lent might be a good time to initiate such a relationship. Parents—especially fathers—could use Lent as time to spend more time with their children individually, trying to understand their particular spiritual struggles and providing them encouragement.

With all this emphasis on self-examination, however, it is crucial to keep your focus the gospel: All of us are more sinful and helpless than we would've ever dared admit, yet it Christ we are more accepted and forgiven than we would've ever dared hope. Be careful that your self-examination is centered on this good news. There is always the danger of falling into morbid introspection, which can lead to despair over your own spiritual health and to a harsh legalism toward others.

**Self-denial:** The Lenten season traditionally is also a time for acts of self-discipline and self-denial, a time to remind ourselves that we do not live by bread alone. Self-denial helps us remember what is so beautifully signified in the Eucharist—that Jesus is the true bread of life, our only source of strength and sustenance. Traditionally, the other days of Lent—except Sundays, of course—are marked by other acts of self-denial. Some common examples would be giving up one meal a day or giving up a particular food. Self-denial, however, doesn't always involve what we eat; some people may work on other habits, seeking better to use their time.

**Acts of compassion:** The Lenten season is a particularly appropriate time to ask God to fill you with compassion for the poor and oppressed and to put this into practice in concrete ways. This can take many practical forms. For example, there are Christians who give up one meal a day as a Lenten discipline, and then give the money they've saved by doing so to the poor. Many churches—including ours—have an Easter offering for ministries of mercy, so money saved during Lent could be given at that time. There are many ways in which families can practice compassion during Lent. In your neighborhood, there may be a poor family you could help (with or without drawing attention to yourselves). Or maybe you know an older person who lives alone who could use some help around the house—or would simply like having a friend. Some families save their loose change or forego some simple expenditures, then give the money to the poor. Lent can be an excellent opportunity to teach our children the value of compassion.

**Using the means of grace:** Finally, the Lenten season is a time for renewing our focus on the means of grace—a focus that all-too-easily fades when not given adequate attention. Historically, the church has said there are three means of grace—three instruments through which God helps us grow to be more and more like Christ: the Scriptures, prayer, and the sacraments. If regular times of prayer and Bible study have never been a part of your life (or if they once were but have become less so) then Lent is a wonderful opportunity to begin these life-changing practice. The Lenten season would also be a good time to get involved in a community group—a practice that generations of Christians have commended as key to their spiritual growth. And if your family doesn't have a time of worship together, Lent is a great time to start—and then keep going the rest of the year!

## A Few Notes on this Guide

This guide is designed to be used by individuals, families, community groups, or gatherings of friends and neighbors. It follows a simple format of Old Testament Reading, Gospel Reading, and a prayer. One may choose to supplement these elements with further ones such as confession and further prayers.

The Old Testament readings for each week are taken from a different prophetic book, and will take us through passages from Isaiah, Jeremiah, Ezekiel, Hosea, and Daniel.

The New Testament readings are taken from Matthew's Gospel. In particular, each week's readings are taken from one of Matthew's five discourses, five longer sermons Jesus gives, starting with the Sermon on the Mount.

The prayers have been selected from various sources in the Christian tradition, especially from the works of St. Augustine of Hippo and St. Anselm of Canterbury. Both of these saints express their deep awareness of their indebtedness to God's grace and their helplessness without him in their prayers, making them especially suitable for Lent.

The readings for Ash Wednesday, Sundays, and Holy Week are adapted from the Revised Common Lectionary. The prayers of those days are collects, special prayers for liturgically significant days, used by the Episcopal Church and found in the *Book of Common Prayer*. These collects are often identical to collects used by Christians all around the world. On these days, we will read the same texts and prayer the same prayers as millions of Christians around the world, hearing and speaking together with the whole communion of saints.

*May God bless your times of personal and family worship this Lenten season,  
and may you discover anew the depths of his mercy toward you in Christ.*

# Wednesday, February 10, 2016

## Ash Wednesday

### **Psalm 103:1-5**

Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.

Bless the Lord, O my soul,  
and do not forget all his benefits—  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the Pit,  
who crowns you with steadfast love and mercy,  
who satisfies you with good as long as you live  
so that your youth is renewed like the eagle's.

### **Matthew 6:16-18**

And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

### **Collect**

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Thursday, February 11, 2016

### Isaiah 1:16-20

Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow. Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool.

### Matthew 5:3-12

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

### A Prayer of St. Anselm, *Proslogion I*

O Lord my God, teach my heart where and how to seek you, where and how to find you. Lord, if you are not here but absent, where shall I seek you? But you are everywhere, so you must be here, why then do I not seek you? Lord, you are my Lord and my God, and I have never seen you. You have created and re-created me, all the good I have comes from you, and still I do not know you. I was created to see you, and I have not yet accomplished that for which I was made.

## Friday, February 12, 2016

### Isaiah 2:12-17

For the Lord of hosts has a day against all that is proud and lofty, against all that is lifted up and high; against all the cedars of Lebanon, lofty and lifted up; and against all the oaks of Bashan; against all the high mountains, and against all the lofty hills; against every high tower, and against every fortified wall; against all the ships of Tarshish, and against all the beautiful craft. The haughtiness of people shall be humbled, and the pride of everyone shall be brought low; and the Lord alone will be exalted on that day.

### Matthew 5:13-16

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

### A Prayer of St. Anselm, *Proslogion* I

O Lord, how long? How long, Lord will you turn your face from us? When will you look upon us and hear us? When will you enlighten our eyes and show us your face? When will you give yourself to us again? Give yourself to us again that it may be well with us, for without you it is ill with us. Teach me to seek you, and as I seek you, show yourself to me, for I cannot seek you unless you show me how, and I will never find you unless you show yourself to me. Let me seek you by desiring you, and desire you by seeking you; let me find you by loving you, and love you in finding you.

# Saturday, February 13, 2016

## **Isaiah 4:2-6**

On that day the branch of the Lord shall be beautiful and glorious, and the fruit of the land shall be the pride and glory of the survivors of Israel. Whoever is left in Zion and remains in Jerusalem will be called holy, everyone who has been recorded for life in Jerusalem, once the Lord has washed away the filth of the daughters of Zion and cleansed the bloodstains of Jerusalem from its midst by a spirit of judgement and by a spirit of burning. Then the Lord will create over the whole site of Mount Zion and over its places of assembly a cloud by day and smoke and the shining of a flaming fire by night. Indeed, over all the glory there will be a canopy. It will serve as a pavilion, a shade by day from the heat, and a refuge and a shelter from the storm and rain.

## **Matthew 5:17-20**

Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

## **A Prayer of St. Anselm, *Proslogion* I**

Lord, I am not trying to make my way to your height, for my understanding is in no way equal to that, but I do desire to understand a little of your truth which my heart already believes and loves. I do not seek to understand so that I may believe, but I believe so that I may understand; and what is more, I believe that unless I do believe I shall not understand.



# Sunday, February 14, 2016

## First Sunday in Lent

### **Psalm 91:1-6**

You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,  
will say to the Lord, 'My refuge and my fortress;  
my God, in whom I trust.'

For he will deliver you from the snare of the fowler  
and from the deadly pestilence;  
he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.

You will not fear the terror of the night,  
or the arrow that flies by day,  
or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.

### **Luke 4:1-4**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

### **Collect**

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan; Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## **Monday, February 15, 2016**

### **Isaiah 5:1-5**

Let me sing for my beloved my love-song concerning his vineyard: My beloved had a vineyard on a very fertile hill. He dug it and cleared it of stones, and planted it with choice vines; he built a watch-tower in the midst of it, and hewed out a wine vat in it; he expected it to yield grapes, but it yielded wild grapes. And now, inhabitants of Jerusalem and people of Judah, judge between me and my vineyard. What more was there to do for my vineyard that I have not done in it? When I expected it to yield grapes, why did it yield wild grapes? And now I will tell you what I will do to my vineyard. I will remove its hedge, and it shall be devoured; I will break down its wall, and it shall be trampled down.

### **Matthew 5:43-48**

You have heard that it was said, “You shall love your neighbor and hate your enemy.” But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect.

### **St. Patrick’s Breastplate**

I bind unto myself today the strong Name of the Trinity, by invocation of the same, the Three in One and One in Three.

I bind this day to me for ever, by power of faith, Christ's incarnation; his baptism in the Jordan river; his death on Cross for my salvation; his bursting from the spiced tomb; his riding up the heavenly way; his coming at the day of doom; I bind unto myself today.

## Tuesday, February 16, 2016

### **Isaiah 24:19-23**

The earth is utterly broken, the earth is torn asunder, the earth is violently shaken. The earth staggers like a drunkard, it sways like a hut; its transgression lies heavy upon it, and it falls, and will not rise again. On that day the Lord will punish the host of heaven in heaven, and on earth the kings of the earth. They will be gathered together like prisoners in a pit; they will be shut up in a prison, and after many days they will be punished. Then the moon will be abashed, and the sun ashamed; for the Lord of hosts will reign on Mount Zion and in Jerusalem, and before his elders he will manifest his glory.

### **Matthew 6:19-24**

Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also. The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.

### **St. Patrick's Breastplate**

I bind unto myself the power of the great love of the cherubim; the sweet 'well done' in judgment hour, the service of the seraphim, confessors' faith, Apostles' word, the Patriarchs' prayers, the Prophets' scrolls, all good deeds done unto the Lord, and purity of virgin souls.

## **Wednesday, February 17, 2016**

### **Isaiah 29:13-16**

The Lord said: Because these people draw near with their mouths and honor me with their lips, while their hearts are far from me, and their worship of me is a human commandment learned by rote; so I will again do amazing things with this people, shocking and amazing. The wisdom of their wise shall perish, and the discernment of the discerning shall be hidden. Ha! You who hide a plan too deep for the Lord, whose deeds are in the dark, and who say, 'Who sees us? Who knows us?' You turn things upside down! Shall the potter be regarded as the clay? Shall the thing made say of its maker, 'He did not make me'; or the thing formed say of the one who formed it, 'He has no understanding'?

### **Matthew 6:25-26, 31, 33-34**

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

### **St. Patrick's Breastplate**

I bind unto myself today the virtues of the starlit heaven, the glorious sun's life-giving ray, the whiteness of the moon at even, the flashing of the lightning free, the whirling wind's tempestuous shocks, the stable earth, the deep salt sea, around the old eternal rocks.

## **Thursday, February 18, 2016**

### **Isaiah 55:1-5**

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel, for he has glorified you.

### **Matthew 7:1-5**

Do not judge, so that you may not be judged. For with the judgement you make you will be judged, and the measure you give will be the measure you get. Why do you see the speck in your neighbor's eye, but do not notice the log in your own eye? Or how can you say to your neighbor, "Let me take the speck out of your eye", while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor's eye.

### **St. Patrick's Breastplate**

I bind unto myself today the power of God to hold and lead, His eye to watch, His might to stay, His ear to hearken to my need, the wisdom of my God to teach, His hand to guide, His shield to ward, the word of God to give me speech, His heavenly host to be my guard.

## Friday, February 19, 2016

### **Isaiah 58:6-9a**

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, "Here I am."

### **Matthew 7:13-20**

Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. For the gate is narrow and the road is hard that leads to life, and there are few who find it. Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles? In the same way, every good tree bears good fruit, but the bad tree bears bad fruit. A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will know them by their fruits.

### **St. Patrick's Breastplate**

Against the demon snares of sin, the vice that gives temptation force, the natural lusts that war within, the hostile men that mar my course; or few or many, far or nigh, in every place and in all hours, against their fierce hostility, I bind to me these holy powers.

# Saturday, February 20, 2016

## **Isaiah 66:1-3**

Thus says the Lord: Heaven is my throne and the earth is my footstool; what is the house that you would build for me, and what is my resting place? All these things my hand has made, and so all these things are mine, says the Lord. But this is the one to whom I will look, to the humble and contrite in spirit, who trembles at my word.

Whoever slaughters an ox is like one who kills a human being; whoever sacrifices a lamb, like one who breaks a dog's neck; whoever presents a grain offering, like one who offers swine's blood; whoever makes a memorial offering of frankincense, like one who blesses an idol. These have chosen their own ways, and in their abominations they take delight.

## **Matthew 7:24-23**

Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!

## **St. Patrick's Breastplate**

Against all Satan's spells and wiles, against false words of heresy, against the knowledge that defiles, against the heart's idolatry, against the wizard's evil craft, against the death wound and the burning, the choking wave and the poisoned shaft, protect me, Christ, till Thy returning.

# Sunday, February 21, 2016

## Second Sunday in Lent

### **Psalm 27:1-2, 13-14**

The Lord is my light and my salvation;  
whom shall I fear?

The Lord is the stronghold of my life;  
of whom shall I be afraid?

When evildoers assail me  
to devour my flesh—  
my adversaries and foes—  
they shall stumble and fall.

I believe that I shall see the goodness of the Lord  
in the land of the living.

Wait for the Lord;  
be strong, and let your heart take courage;  
wait for the Lord!

### **Luke 13:34-35**

Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, “Blessed is the one who comes in the name of the Lord.” ’

### **Collect**

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.



## **Monday, February 22, 2016**

### **Jeremiah 1:4-10**

Now the word of the Lord came to me saying, “Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.” Then I said, “Ah, Lord God! Truly I do not know how to speak, for I am only a boy.” But the Lord said to me, “Do not say, ‘I am only a boy’; for you shall go to all to whom I send you, and you shall speak whatever I command you, Do not be afraid of them, for I am with you to deliver you, says the Lord.” Then the Lord put out his hand and touched my mouth; and the Lord said to me, “Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant.”

### **Matthew 10:5-10**

These twelve Jesus sent out with the following instructions: “Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. Take no gold, or silver, or copper in your belts, no bag for your journey, or two tunics, or sandals, or a staff; for laborers deserve their food.”

### **St. Patrick’s Breastplate**

Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

## Tuesday, February 23, 2016

### **Jeremiah 7:1-7**

The word that came to Jeremiah from the Lord: Stand in the gate of the Lord's house, and proclaim there this word, and say, Hear the word of the Lord, all you people of Judah, you that enter these gates to worship the Lord. Thus says the Lord of hosts, the God of Israel: Amend your ways and your doings, and let me dwell with you in this place. Do not trust in these deceptive words: "This is the temple of the Lord, the temple of the Lord, the temple of the Lord." For if you truly amend your ways and your doings, if you truly act justly one with another, if you do not oppress the alien, the orphan, and the widow, or shed innocent blood in this place, and if you do not go after other gods to your own hurt, then I will dwell with you in this place, in the land that I gave of old to your ancestors forever and ever.

### **Matthew 10:11-15**

Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. As you enter the house, greet it. If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgment than for that town.

### **St. Patrick's Breastplate**

I bind unto myself the Name, the strong Name of the Trinity; by invocation of the same. The Three in One, and One in Three, of whom all nature hath creation, Eternal Father, Spirit, Word: praise to the Lord of my salvation, salvation is of Christ the Lord.

## **Wednesday, February 24, 2016**

### **Jeremiah 15:16-18**

Your words were found, and I ate them, and your words became to me a joy and the delight of my heart; for I am called by your name, O Lord, God of hosts. I did not sit in the company of merry-makers, nor did I rejoice; under the weight of your hand I sat alone, for you had filled me with indignation. Why is my pain unceasing, my wound incurable, refusing to be healed? Truly, you are to me like a deceitful brook, like waters that fail.

### **Matthew 10:16-23**

See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. Beware of them, for they will hand you over to councils and flog you in their synagogues; and you will be dragged before governors and kings because of me, as a testimony to them and the Gentiles. When they hand you over, do not worry about how you are to speak or what you are to say; for what you are to say will be given to you at that time; for it is not you who speak, but the Spirit of your Father speaking through you. Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; and you will be hated by all because of my name. But the one who endures to the end will be saved. When they persecute you in one town, flee to the next; for truly I tell you, you will not have gone through all the towns of Israel before the Son of Man comes.

### **A Prayer after St. Ignatius of Loyola**

Teach us, good Lord, to serve you as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labor and not to ask for any reward, save that of knowing that we do your will.

# Thursday, February 25, 2016

## **Jeremiah 18:1-6**

The word that came to Jeremiah from the Lord: “Come, go down to the potter’s house, and there I will let you hear my words.” So I went down to the potter’s house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter’s hand, and he reworked it into another vessel, as seemed good to him. Then the word of the Lord came to me: Can I not do with you, O house of Israel, just as this potter has done? says the Lord. Just like the clay in the potter’s hand, so are you in my hand, O house of Israel.

## **Matthew 10:24-31**

A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! “So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

## **A Prayer of St. Anselm**

O Lord our God, grant us grace to desire you with our whole heart; that so desiring, we may seek and find you; and so finding may love you; and so loving, may hate those sins from which you have delivered us; through Jesus Christ our Lord.

## **Friday, February 26, 2016**

### **Jeremiah 29:10-14**

For thus says the Lord of hosts, the God of Israel: Do not let the prophets and the diviners who are among you deceive you, and do not listen to the dreams that they dream, for it is a lie that they are prophesying to you in my name; I did not send them, says the Lord. For thus says the Lord: Only when Babylon's seventy years are completed will I visit you, and I will fulfill to you my promise and bring you back to this place. For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.

### **Matthew 10:32-36**

Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven. "Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household.

### **A Prayer of St. Benedict of Nursia**

O gracious and holy Father, give us wisdom to perceive you, diligence to seek 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.

## Saturday, February 27, 2016

### **Jeremiah 31:31-33**

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.

### **Matthew 10:37-42**

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it. “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.

### **A Prayer of St. Alcuin of York**

Eternal light, shine into our hearts, eternal goodness, deliver us from evil, eternal power, be our support, eternal wisdom, scatter the darkness of our ignorance, eternal pity, have mercy upon us; that with all our heart and mind and soul and strength we may seek your face and be brought by your infinite mercy to your holy presence, through Jesus Christ our Lord.

# Sunday, February 28, 2016

## Third Sunday in Lent

### **Psalm 63:1-4**

O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
I will lift up my hands and call on your name.

### **Luke 13:6-9**

Then he told this parable: ‘A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, “See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?” He replied, “Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.” ’

### **Collect**

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## **Monday, February 29, 2016**

### **Ezekiel 1, 4-7**

In the thirtieth year, in the fourth month, on the fifth day of the month, as I was among the exiles by the river Chebar, the heavens were opened, and I saw visions of God. As I looked, a stormy wind came out of the north: a great cloud with brightness around it and fire flashing forth continually, and in the middle of the fire, something like gleaming amber. In the middle of it was something like four living creatures. This was their appearance: they were of human form. Each had four faces, and each of them had four wings. Their legs were straight, and the soles of their feet were like the sole of a calf's foot; and they sparkled like burnished bronze.

### **Matthew 13:3-9**

Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!

### **A Prayer of St. Augustine, *Confessions* I.i**

You are great, Lord, and highly to be praised: great is your power and your wisdom is immeasurable.' Man, a little piece of your creation, desires to praise you, a human being, 'bearing his mortality with him,' carrying with him the witness of his sin and the witness that you 'resist the proud.' Nevertheless, to praise you is the desire of man, a little piece of your creation. You stir man to take pleasure in praising you, because you have made us for yourself, and our heart is restless until it rests in you.



## Tuesday, March 1, 2016

### **Ezekiel 2:9-3:3**

I looked, and a hand was stretched out to me, and a written scroll was in it. He spread it before me; it had writing on the front and on the back, and written on it were words of lamentation and mourning and woe. He said to me, O mortal, eat what is offered to you; eat this scroll, and go, speak to the house of Israel. So I opened my mouth, and he gave me the scroll to eat. He said to me, Mortal, eat this scroll that I give you and fill your stomach with it. Then I ate it; and in my mouth it was as sweet as honey.

### **Matthew 13:18-23**

Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.

### **A Prayer of St. Augustine, *Confessions* I.xv**

‘Lord hear my prayer’ that my soul may not collapse under your discipline, and may not suffer exhaustion in confessing to you your mercies, by which you have delivered me from all my evil ways. Bring to me a sweetness surpassing all the seductive delights which I pursued. You, Lord, are ‘my king and my God.’

## Wednesday, March 2, 2016

### **Ezekiel 15:1-5**

The word of the Lord came to me: O mortal, how does the wood of the vine surpass all other wood—the vine branch that is among the trees of the forest? Is wood taken from it to make anything? Does one take a peg from it on which to hang any object? It is put in the fire for fuel; when the fire has consumed both ends of it and the middle of it is charred, is it useful for anything? When it was whole it was used for nothing; how much less—when the fire has consumed it, and it is charred— can it ever be used for anything!

### **Matthew 13:24-30**

The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, ‘Master, did you not sow good seed in your field? Where, then, did these weeds come from?’ He answered, ‘An enemy has done this.’ The slaves said to him, ‘Then do you want us to go and gather them?’ But he replied, ‘No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.’

### **A Prayer of St. Augustine, *Confessions* IX.i**

‘O Lord, I am your servant, I am your servant and the son of you handmaid. You have snapped my chains. I will sacrifice to you the offering of praise.’ Let my heart praise you and my tongue, and ‘let all my bones say, Lord who is like you?’ Let them speak, answer me, and say to my soul, ‘I am your salvation.’

## Thursday, March 3, 2016

### **Ezekiel 34:11-13**

For thus says the Lord God: I myself will search for my sheep, and will seek them out. As shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my sheep. I will rescue them from all the places to which they have been scattered on a day of clouds and thick darkness. I will bring them out from the peoples and gather them from the countries, and will bring them into their own land; and I will feed them on the mountains of Israel, by the watercourses, and in all the inhabited parts of the land.

### **Matthew 13:31-35**

He put before them another parable: "The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches." He told them another parable: "The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened." Jesus told the crowds all these things in parables; without a parable he told them nothing. This was to fulfill what had been spoken through the prophet: "I will open my mouth to speak in parables; I will proclaim what has been hidden from the foundation of the world."

### **A Prayer of St. Augustine, *Confessions* X.xxii**

Far be it from me, Lord, far from the heart of your servant who is making confession to you, far be it from me to think myself happy, whatever be the joy in which I take my delight. There is a delight which is given not to the wicked, but to those who worship you for not reward save the joy that you yourself are to them. That is the authentic happy life, to set one's joy on you, grounded in you and caused by you. That is the real thing, and there is no other.

## Friday, March 4, 2016

### **Ezekiel 36:26-28**

A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

### **Matthew 13:36-43**

Then he left the crowds and went into the house. And his disciples approached him, saying, "Explain to us the parable of the weeds of the field." He answered, "The one who sows the good seed is the Son of Man; the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. Just as the weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!"

### **A Prayer of St. Augustine, *Confessions* X.xxvii**

Late have I loved you, beauty so old and so new: late have I loved you. And see, you were within and I was in the external world and sought you there, and in my unlovely state I plunged into those lovely created things which you made. You were with me, and I was not with you. You called and cried out loud and shattered my deafness. You were radiant and resplendent, you put to flight my blindness. You were fragrant, and I drew in my breath and now pant after you.

## Saturday, March 5, 2016

### **Ezekiel 37:1, 3-6a, 7-10**

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He said to me, "Mortal, can these bones live?" I answered, "O Lord God, you know." Then he said to me, "Prophesy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you." So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, "Prophesy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

### **Matthew 13:44-46**

"The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.

### **A Prayer of St. Augustine, *Confessions* X.xxix**

My entire hope is exclusively in your very great mercy. Grant what you command, and command what you will. You require continence. O love, you ever burn and are never extinguished. O charity, my God, set me on fire. You command continence; grant what you command, and command what you will.

# Sunday, March 6, 2016

## Fourth Sunday in Lent

### **Psalm 32:1-5**

Happy are those whose transgression is forgiven,  
whose sin is covered.

Happy are those to whom the Lord imputes no iniquity,  
and in whose spirit there is no deceit.

While I kept silence, my body wasted away  
through my groaning all day long.

For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer.

Then I acknowledged my sin to you,  
and I did not hide my iniquity;

I said, 'I will confess my transgressions to the Lord',  
and you forgave the guilt of my sin.

### **Luke 15:3a, 8-10**

So he told them this parable: 'Or what woman having ten silver coins, if she loses one of them, does not light a lamp, sweep the house, and search carefully until she finds it? When she has found it, she calls together her friends and neighbors, saying, "Rejoice with me, for I have found the coin that I had lost." Just so, I tell you, there is joy in the presence of the angels of God over one sinner who repents.'

### **Collect**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

## Monday, March 7, 2016

### **Hosea 1:2-7**

When the Lord first spoke through Hosea, the Lord said to Hosea, “Go, take for yourself a wife of whoredom and have children of whoredom, for the land commits great whoredom by forsaking the Lord.” So he went and took Gomer daughter of Diblaim, and she conceived and bore him a son. And the Lord said to him, “Name him Jezreel; for in a little while I will punish the house of Jehu for the blood of Jezreel, and I will put an end to the kingdom of the house of Israel. On that day I will break the bow of Israel in the valley of Jezreel.” She conceived again and bore a daughter. Then the Lord said to him, “Name her Lo-ruhamah, for I will no longer have pity on the house of Israel or forgive them. But I will have pity on the house of Judah, and I will save them by the Lord their God; I will not save them by bow, or by sword, or by war, or by horses, or by horsemen.”

### **Matthew 18:1-5**

At that time the disciples came to Jesus and asked, “Who is the greatest in the kingdom of heaven?” He called a child, whom he put among them, and said, “Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven. Whoever welcomes one such child in my name welcomes me.

### **A Prayer of St. Augustine, *Confessions* X.xliii**

How you have loved us, good Father: you did not ‘spare you only Son but delivered him up for us sinners.’ How you have loved us. For us he was victorious before you and victor because he was victim. For us before you he is priest and sacrifice, and priest because he is sacrifice.

## Tuesday, March 8, 2016

### **Hosea 2:16-20**

On that day, says the Lord, you will call me, “My husband,” and no longer will you call me, “My Baal.” For I will remove the names of the Baals from her mouth, and they shall be mentioned by name no more. I will make for you a covenant on that day with the wild animals, the birds of the air, and the creeping things of the ground; and I will abolish the bow, the sword, and war from the land; and I will make you lie down in safety. And I will take you for my wife forever; I will take you for my wife in righteousness and in justice, in steadfast love, and in mercy. I will take you for my wife in faithfulness; and you shall know the Lord.

### **Matthew 18:6-7**

If any of you put a stumbling block before one of these little ones who believe in me, it would be better for you if a great millstone were fastened around your neck and you were drowned in the depth of the sea. Woe to the world because of stumbling blocks! Occasions for stumbling are bound to come, but woe to the one by whom the stumbling block comes!

### **A Prayer of St. Augustine, *Confessions* XI.ii**

Lord, bring me to perfection and reveal to me the meaning of these pages. See, your voice is my joy, your voice is better than a wealth of pleasures. Grant what I love; for I love it, and that love was your gift. Do not desert your gifts, and do not despise your plant as it thirsts. Let me confess to you what I find your books. ‘Let me hear the voice of praise’ and drink you, and let me consider ‘wonderful things out of your law’ – from the beginning in which you made heaven and earth until the perpetual reign with you in your heavenly city.



## Wednesday, March 9, 2016

### Hosea 3

The Lord said to me again, “Go, love a woman who has a lover and is an adulteress, just as the Lord loves the people of Israel, though they turn to other gods and love raisin cakes.” So I bought her for fifteen shekels of silver and a homer of barley and a measure of wine. And I said to her, “You must remain as mine for many days; you shall not play the whore, you shall not have intercourse with a man, nor I with you.” For the Israelites shall remain many days without king or prince, without sacrifice or pillar, without ephod or teraphim. Afterward the Israelites shall return and seek the Lord their God, and David their king; they shall come in awe to the Lord and to his goodness in the latter days.

### Matthew 18:8-9

If your hand or your foot causes you to stumble, cut it off and throw it away; it is better for you to enter life maimed or lame than to have two hands or two feet and to be thrown into the eternal fire. And if your eye causes you to stumble, tear it out and throw it away; it is better for you to enter life with one eye than to have two eyes and to be thrown into the hell of fire.

### A Prayer of St. Augustine, *Confessions* XI.xxii

Do not shut the door, Lord my God. Good Father, through Christ I beg you, do not shut the door on my longing to understand these things which are both familiar and obscure. Do not prevent me, Lord, from penetrating them and seeing them illumined by the light of your mercy. Whom shall I ask about them? And to whom ut you shall I more profitably confess my incompetence? You are not irritated by the burning zeal with which I study you scriptures. Grant what I love. For I love, and that love was your gift.

## Thursday, March 10, 2016

### **Hosea 6:1-4, 6**

“Come, let us return to the Lord; for it is he who has torn, and he will heal us; he has struck down, and he will bind us up. After two days he will revive us; on the third day he will raise us up, that we may live before him. Let us know, let us press on to know the Lord; his appearing is as sure as the dawn; he will come to us like the showers, like the spring rains that water the earth.” What shall I do with you, O Ephraim? What shall I do with you, O Judah? Your love is like a morning cloud, like the dew that goes away early. For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.

### **Matthew 18:10-14**

Take care that you do not despise one of these little ones; for, I tell you, in heaven their angels continually see the face of my Father in heaven. What do you think? If a shepherd has a hundred sheep, and one of them has gone astray, does he not leave the ninety-nine on the mountains and go in search of the one that went astray? And if he finds it, truly I tell you, he rejoices over it more than over the ninety-nine that never went astray. So it is not the will of your Father in heaven that one of these little ones should be lost.

### **A Prayer of St. Augustine, *Confessions* XIII.i**

I call upon you, my God, my mercy. You made me and, when I forgot you, you did not forget me. I call you into my soul which you are preparing to receive you through the longing which you have inspired in it. Do not desert me now that I am calling on you. Before I called you, you were there before me. With mounting frequency by voices of many kind you put pressure on me, so that from far off I heard and was converted and called upon you as you were calling to me.

## Friday, March 11, 2016

### **Hosea 11:1-3**

When Israel was a child, I loved him, and out of Egypt I called my son. The more I called them, the more they went from me; they kept sacrificing to the Baals, and offering incense to idols. Yet it was I who taught Ephraim to walk, I took them up in my arms; but they did not know that I healed them.

### **Matthew 18:15-20**

If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax collector. Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them.

### **A Prayer of St. Augustine, *Confessions* XIII.viii**

My God, give me yourself, restore yourself to me. See, I love you, and if it is too little, let me love you more strongly. I can conceive no measure by which to know how far my love falls short of that which is enough to make my life run to your embraces, and not to turn away until it lies hidden 'in the secret place of your presence.' This alone I know: without you it is evil for me, not only in external things but within my being, and all my abundance which is other than my God is mere indigence.

## Saturday, March 12, 2016

### **Hosea 14:1-7**

Return, O Israel, to the Lord your God, for you have stumbled because of your iniquity. Take words with you and return to the Lord; say to him, “Take away all guilt; accept that which is good, and we will offer the fruit of our lips. Assyria shall not save us; we will not ride upon horses; we will say no more, ‘Our God,’ to the work of our hands. In you the orphan finds mercy.” I will heal their disloyalty; I will love them freely, for my anger has turned from them. I will be like the dew to Israel; he shall blossom like the lily, he shall strike root like the forests of Lebanon. His shoots shall spread out; his beauty shall be like the olive tree, and his fragrance like that of Lebanon. They shall again live beneath my shadow, they shall flourish as a garden; they shall blossom like the vine, their fragrance shall be like the wine of Lebanon.

### **Matthew 18:21-22**

Then Peter came and said to him, “Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?” Jesus said to him, “Not seven times, but, I tell you, seventy-seven times.

### **A Prayer of St. Augustine, *Confessions* XIII.xiv**

I also say: My God, where are you? I see you are there, but I sigh for you a little when I ‘pour out my soul upon myself in the voice of exultation and confession, the sound of one celebrating in a festival.’ Yet still my soul is sad because it slips back and becomes a ‘deep,’ or rather feels itself still to be a deep. My faith, which you have kindled to be a light before my feet in the night, says to it: ‘Why are you sad, soul, and why do you disturb me? Hope in the Lord.’ ‘His word is a light to your feet.’

## **Sunday, March 13, 2016**

### Fifth Sunday in Lent

#### **Psalm 126:1, 4-6**

When the Lord restored the fortunes of Zion,  
we were like those who dream.

Restore our fortunes, O Lord,  
like the watercourses in the Negeb.

May those who sow in tears  
reap with shouts of joy.

Those who go out weeping,  
bearing the seed for sowing,  
shall come home with shouts of joy,  
carrying their sheaves.

#### **John 12:1-4**

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume.

#### **Collect**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## Monday, March 14, 2016

### **Daniel 7:9-10, 13-14**

As I watched, thrones were set in place, and an Ancient One took his throne, his clothing was white as snow, and the hair of his head like pure wool; his throne was fiery flames, and its wheels were burning fire. A stream of fire issued and flowed out from his presence. A thousand thousands served him, and ten thousand times ten thousand stood attending him. The court sat in judgment, and the books were opened. As I watched in the night visions, I saw one like a human being coming with the clouds of heaven. And he came to the Ancient One and was presented before him. To him was given dominion and glory and kingship, that all peoples, nations, and languages should serve him. His dominion is an everlasting dominion that shall not pass away, and his kingship is one that shall never be destroyed.

### **Matthew 24:4-8**

Jesus answered them, "Beware that no one leads you astray. For many will come in my name, saying, 'I am the Messiah!' and they will lead many astray. And you will hear of wars and rumors of wars; see that you are not alarmed; for this must take place, but the end is not yet. For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places: all this is but the beginning of the birthpangs."

### **A Prayer of St. Anselm, *Prayer to God***

Almighty God, merciful Father, and my good Lord, have mercy on me, a sinner. Grant me forgiveness of my sins. Make me guard against and overcome all snares, temptations, and harmful pleasures. May I shun utterly in word and in deed, whatever you forbid, and do and keep whatever you command. Let me believe and hope, love and live, according to your purpose and your will.

## Tuesday, March 15, 2016

### **Daniel 8:23-26**

At the end of their rule, when the transgressions have reached their full measure, a king of bold countenance shall arise, skilled in intrigue. He shall grow strong in power, shall cause fearful destruction, and shall succeed in what he does. He shall destroy the powerful and the people of the holy ones. By his cunning he shall make deceit prosper under his hand, and in his own mind he shall be great. Without warning he shall destroy many and shall even rise up against the Prince of princes. But he shall be broken, and not by human hands. The vision of the evenings and the mornings that has been told is true. As for you, seal up the vision, for it refers to many days from now.

### **Matthew 24:9-14**

Then they will hand you over to be tortured and will put you to death, and you will be hated by all nations because of my name. Then many will fall away, and they will betray one another and hate one another. And many false prophets will arise and lead many astray. And because of the increase of lawlessness, the love of many will grow cold. But the one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations; and then the end will come.

### **A Prayer of St. Anselm, *Prayer to God***

Give me heart-piercing goodness and humility; discerning abstinence and mortification of the flesh. Help me to love you and pray to you, praise you and meditate upon you. May I act and think in all things according to your will, purely, soberly, and devoutly, and with a true and effective mind. Let me know your commandments, and love them, carry them out readily, and bring them into effect. Always, Lord, let me go on with humility to better things and never grow slack.

## Wednesday, March 16, 2016

### **Daniel 9:24, 26b-27**

Seventy weeks are decreed for your people and your holy city: to finish the transgression, to put an end to sin, and to atone for iniquity, to bring in everlasting righteousness, to seal both vision and prophet, and to anoint a most holy place. Its end shall come with a flood, and to the end there shall be war. Desolations are decreed. He shall make a strong covenant with many for one week, and for half of the week he shall make sacrifice and offering cease; and in their place shall be an abomination that desolates, until the decreed end is poured out upon the desolator.

### **Matthew 24:15-22**

So when you see the desolating sacrilege standing in the holy place, as was spoken of by the prophet Daniel (let the reader understand), then those in Judea must flee to the mountains; the one on the housetop must not go down to take what is in the house; the one in the field must not turn back to get a coat. Woe to those who are pregnant and to those who are nursing infants in those days! Pray that your flight may not be in winter or on a sabbath. For at that time there will be great suffering, such as has not been from the beginning of the world until now, no, and never will be. And if those days had not been cut short, no one would be saved; but for the sake of the elect those days will be cut short.

### **A Prayer of St. Anselm, *Prayer to God***

Lord, do not give me over either to my human ignorance and weakness or to my own deserts, or to anything, other than your loving dealing with me. Do you yourself in kindness dispose of me, my thoughts and actions, according to your good pleasure, so that your will may always be done by me and in my and concerning me. Deliver me from all evil and lead me to eternal life through the Lord.



## Thursday, March 17, 2016

### **Daniel 10:10-14**

But then a hand touched me and roused me to my hands and knees. He said to me, “Daniel, greatly beloved, pay attention to the words that I am going to speak to you. Stand on your feet, for I have now been sent to you.” So while he was speaking this word to me, I stood up trembling. He said to me, “Do not fear, Daniel, for from the first day that you set your mind to gain understanding and to humble yourself before your God, your words have been heard, and I have come because of your words. But the prince of the kingdom of Persia opposed me twenty-one days. So Michael, one of the chief princes, came to help me, and I left him there with the prince of the kingdom of Persia, and have come to help you understand what is to happen to your people at the end of days. For there is a further vision for those days.”

### **Matthew 24:23-28**

Then if anyone says to you, ‘Look! Here is the Messiah!’ or ‘There he is!’ —do not believe it. For false messiahs and false prophets will appear and produce great signs and omens, to lead astray, if possible, even the elect. Take note, I have told you beforehand. So, if they say to you, ‘Look! He is in the wilderness,’ do not go out. If they say, ‘Look! He is in the inner rooms,’ do not believe it. For as the lightning comes from the east and flashes as far as the west, so will be the coming of the Son of Man. Wherever the corpse is, there the vultures will gather.

### **A Prayer of St. Anselm, *Prayer to Christ***

Lord Jesus Christ, my Redeemer, my Mercy, and my Salvation: I praise you and give you thanks. They are far beneath the goodness of your gifts, which deserve a better return of love; yet my soul will pay its debt by some sort of praise and thanks, not as I know I ought, but as I can.

## Friday, March 18, 2016

### **Daniel 11:31-35**

Forces sent by him shall occupy and profane the temple and fortress. They shall abolish the regular burnt offering and set up the abomination that makes desolate. He shall seduce with intrigue those who violate the covenant; but the people who are loyal to their God shall stand firm and take action. The wise among the people shall give understanding to many; for some days, however, they shall fall by sword and flame, and suffer captivity and plunder. When they fall victim, they shall receive a little help, and many shall join them insincerely. Some of the wise shall fall, so that they may be refined, purified, and cleansed, until the time of the end, for there is still an interval until the time appointed.

### **Matthew 24:29-31**

Immediately after the suffering of those days the sun will be darkened, and the moon will not give its light; the stars will fall from heaven, and the powers of heaven will be shaken. Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see 'the Son of Man coming on the clouds of heaven' with power and great glory. And he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.

### **A Prayer of St. Anselm, *Prayer to Christ***

Most merciful Lord, turn my lukewarmness into a fervent love of you. Most gentle Lord, my prayer tends towards this – that by remembering and meditating on the good things you have done I may be enkindled with your love. You wait, good Lord, for my amendment; my soul waits for the inbreathing of your grace in order to be sufficiently penitent to lead a better life.

## Saturday, March 19, 2016

### **Daniel 12:1-4**

At that time Michael, the great prince, the protector of your people, shall arise. There shall be a time of anguish, such as has never occurred since nations first came into existence. But at that time your people shall be delivered, everyone who is found written in the book. Many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt. Those who are wise shall shine like the brightness of the sky, and those who lead many to righteousness, like the stars forever and ever. But you, Daniel, keep the words secret and the book sealed until the time of the end. Many shall be running back and forth, and evil shall increase.

### **Matthew 24:32-35**

From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see all these things, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away.

### **A Prayer of St. Anselm, *Prayer to Christ***

My Lord and my Creator, you bear with me and nourish me – be my helper. I thirst for you, I hunger for you, I desire you, I sigh for you, I covet you: I am like an orphan deprived of the presence of a very kind father, who, weeping and wailing, does not cease to cling to the dear face with his whole heart. So, as much as I can, though not as much as I ought, I am mindful of your passion, your buffeting, your scourging, your cross, your wounds, how you were slain for me, how prepared for burial and buried; and also I remember your glorious resurrection, and wonderful ascension.

# Sunday, March 20, 2016

## Palm Sunday

### **Psalm 118:1-4**

O give thanks to the Lord, for he is good;  
his steadfast love endures for ever!

Let Israel say,

‘His steadfast love endures for ever.’

Let the house of Aaron say,

‘His steadfast love endures for ever.’

Let those who fear the Lord say,

‘His steadfast love endures for ever.’

### **Luke 19:35-40**

After throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying, ‘Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven!’ Some of the Pharisees in the crowd said to him, ‘Teacher, order your disciples to stop.’ He answered, ‘I tell you, if these were silent, the stones would shout out.’

### **Collect**

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**Monday, March 21, 2016**

Monday of Holy Week

**Psalm 36:5-10**

Your steadfast love, O Lord, extends to the heavens,  
your faithfulness to the clouds.

Your righteousness is like the mighty mountains,  
your judgements are like the great deep;  
you save humans and animals alike, O Lord.

How precious is your steadfast love, O God!

All people may take refuge in the shadow of your wings.  
They feast on the abundance of your house,  
and you give them drink from the river of your delights.

For with you is the fountain of life;  
in your light we see light.

O continue your steadfast love to those who know you,  
and your salvation to the upright of heart!

**John 12:9-11**

When the great crowd of the Jews learned that he was there, they came not only because of Jesus but also to see Lazarus, whom he had raised from the dead. So the chief priests planned to put Lazarus to death as well, since it was on account of him that many of the Jews were deserting and were believing in Jesus.

**Collect**

Almighty God, whose dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**Tuesday, March 22, 2016**

Tuesday of Holy Week

**Psalm 71:1-3**

In you, O Lord, I take refuge;  
let me never be put to shame.

In your righteousness deliver me and rescue me;  
incline your ear to me and save me.

Be to me a rock of refuge,  
a strong fortress, to save me,  
for you are my rock and my fortress.

**John 12:23-27, 31-32**

Jesus answered them, ‘The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor. ‘Now my soul is troubled. And what should I say—“Father, save me from this hour”? No, it is for this reason that I have come to this hour. Father, glorify your name.’

Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.’

**Collect**

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**Wednesday, March 23, 2016**

Wednesday of Holy Week

**Psalm 70:1-3**

Be pleased, O God, to deliver me.

O Lord, make haste to help me!

Let those be put to shame and confusion  
who seek my life.

Let those be turned back and brought to dishonor  
who desire to hurt me.

Let those who say, 'Aha, Aha!'  
turn back because of their shame.

**John 13:21-27, 30**

After saying this Jesus was troubled in spirit, and declared, 'Very truly, I tell you, one of you will betray me.' The disciples looked at one another, uncertain of whom he was speaking. One of his disciples—the one whom Jesus loved—was reclining next to him; Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. So while reclining next to Jesus, he asked him, 'Lord, who is it?' Jesus answered, 'It is the one to whom I give this piece of bread when I have dipped it in the dish.' So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered into him. Jesus said to him, 'Do quickly what you are going to do.' So, after receiving the piece of bread, he immediately went out. And it was night.

**Collect**

Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**Thursday, March 24, 2016**

Maundy Thursday

**Psalm 116:12-15**

What shall I return to the Lord  
for all his bounty to me?  
I will lift up the cup of salvation  
and call on the name of the Lord,  
I will pay my vows to the Lord  
in the presence of all his people.  
Precious in the sight of the Lord  
is the death of his faithful ones.

**John 13:1-5**

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him.

**Collect**

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.



**Friday, March 25, 2016**

Good Friday

**Psalm 22:1, 16-21**

My God, my God, why have you forsaken me?

Why are you so far from helping me, from the words of my groaning?

My hands and feet have shriveled;

I can count all my bones.

They stare and gloat over me;

they divide my clothes among themselves,  
and for my clothing they cast lots.

But you, O Lord, do not be far away!

O my help, come quickly to my aid!

Deliver my soul from the sword,

my life from the power of the dog!

Save me from the mouth of the lion!

From the horns of the wild oxen you have rescued me.

**John 19:25b-27**

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

**Collect**

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# Saturday, March 26, 2016

## Easter Eve

### **Psalm 31:1-2a, 15-16**

In you, O Lord, I seek refuge;

do not let me ever be put to shame;

in your righteousness deliver me.

Incline your ear to me;

rescue me speedily.

My times are in your hand;

deliver me from the hand of my enemies and persecutors.

Let your face shine upon your servant;

save me in your steadfast love.

### **John 19:38:42**

After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

### **Collect**

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The collects for Ash Wednesday, Sundays, and days in Holy Week were taken from *The Book of Common Prayer* (1979) at [www.bcponline.org](http://www.bcponline.org)

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The Prayers of St. Augustine from the *Confessions* were taken from St. Augustine of Hippo. *Confessions*. Translated by Henry Chadwick. Oxford World’s Classics. Oxford: Oxford University Press, 1991.

The Prayers of St. Anselm from the *Proslogion* and those titled “Prayer to God” and “Prayer to Christ” were taken from St. Anselm of Canterbury. *The Prayers and Meditations of Saint Anselm of Canterbury with the Proslogion*. Translated by Benedicta Ward, S.L.G. Penguin Classics. London: Penguin Books, 1973.



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