



DAILY PRAYER PROJECT

Easter

VOL. 7, NO. 4 | APRIL 20–JUNE 7, 2025

Poem by **RICHARD CRASHAW**
On the Resurrection of the Lord

Practice by **CHRISTINE ARONEY-SINE**
The Spirituality of Gardening

Art by **JÖRG LÄNGER**
Resurrection





Animating a life of prayer through the manifold beauty of the church

The Daily Prayer Project's Living Prayer Periodicals feature daily morning and evening prayer guides for the week. These guides are used throughout the current season of the Christian year. Their simplicity, brevity, and repetition facilitate transformative patterns of prayer in everyday life.

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The Daily Prayer Project is produced as a ministry of Grace Mosaic in Northeast Washington, DC. Grace Mosaic is a congregation of the Grace DC Network.

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Easter

APRIL 20–JUNE 7, 2025

Easter is the highest feast of the Christian year and the central celebration of the story of our faith as Christians. In addition to fifty days of celebrating Jesus’s resurrection, the church also celebrates the ascension of Jesus on Ascension Day, which occurs forty days after Easter (Acts 1:3).

This crown icon embodies victory, renewal, and the enduring presence of Christ in resurrection. Its upward-reaching forms evoke the unfurling of new creation, while the flanking dots echo the cosmic sweep of redemption. The central cross and the grounding lines root the design in the steady, unshakable presence of faith—a journey from sorrow to glory, from the cross to the crown.

2024-25 CHRISTIAN YEAR



ADVENT
DEC 1-24



CHRISTMAS & EPIPHANY
DEC 25-MAR 4



LENT
MAR 5-APR 19



EASTER
APR 20-JUN 7



PENTECOST
JUN 8



ORDINARY TIME
JUN 9-NOV 29

On the Resurrection of the Lord

RICHARD CRASHAW

Thou'rt born, and lo, bright King, thy world is born,
Is born with thee from virgin tomb this morn.
Hastes Nature to its second day of birth,
And a new life in thee crowns a new earth.
Dear Sun, from thy life all things draw life's breath;
Nought thence is forced to die, save only Death.
Nor is Death forced—since in thy grave to lie,
Death will itself, O Christ, be glad to die.

Richard Crashaw (1612–1649) of England was a Metaphysical poet and a high-church Anglican cleric who later converted to Catholicism.



Lectionary

SUN	Apr 20	Ps. 118	Exod. 1	Matt. 28; 1 Cor. 15:19–26
MON	Apr 21	Ps. 101	Exod. 2	Rom. 1:1–17
TUE	Apr 22	Ps. 102	Exod. 3	Rom. 1:18–32
WED	Apr 23	Ps. 103	Exod. 4	Rom. 2:1–16
THU	Apr 24	Ps. 104	Exod. 5	Rom. 2:17–29
FRI	Apr 25	Ps. 105	Exod. 6	Rom. 3:1–18
SAT	Apr 26	Ps. 106	Exod. 7	Rom. 3:19–31
SUN	Apr 27	Ps. 150	Exod. 8	John 20:19–31; Rev. 1:4–8
MON	Apr 28	Ps. 107	Exod. 9	Rom. 4
TUE	Apr 29	Ps. 108	Exod. 10	Rom. 5:1–11
WED	Apr 30	Ps. 109	Exod. 11	Rom. 5:12–21
THU	May 1	Ps. 110	Exod. 12	Rom. 6:1–11
FRI	May 2	Ps. 111	Exod. 13	Rom. 6:12–23
SAT	May 3	Ps. 112	Exod. 14	Rom. 7:1–12
SUN	May 4	Ps. 30	Exod. 15	John 21:1–19; Rev. 5:11–14
MON	May 5	Ps. 113	Exod. 16	Rom. 7:13–25
TUE	May 6	Ps. 114	Exod. 17	Rom. 8:1–11
WED	May 7	Ps. 115	Exod. 18	Rom. 8:12–25
THU	May 8	Ps. 116	Exod. 19	Rom. 8:26–39
FRI	May 9	Ps. 117	Exod. 20	Rom. 9
SAT	May 10	Ps. 118	Exod. 21	Rom. 10:1–13
SUN	May 11	Ps. 23	Exod. 22	John 10:22–30; Rev. 7:9–17
MON	May 12	Ps. 119:1–32	Exod. 23	Rom. 10:14–21
TUE	May 13	Ps. 119:33–64	Exod. 24	Rom. 11:1–12
WED	May 14	Ps. 119:65–96	Exod. 25	Rom. 11:13–36
THU	May 15	Ps. 119:97–128	Exod. 26	Rom. 12:1–13
FRI	May 16	Ps. 119:129–76	Exod. 27	Rom. 12:14–21
SAT	May 17	Ps. 120	Exod. 28	Rom. 13:1–10

Lectionary



SUN	May 18	Ps. 148	Exod. 29	John 13:31–35; Rev. 21:1–6
MON	May 19	Ps. 121	Exod. 30	Rom. 13:11–14
TUE	May 20	Ps. 122	Exod. 31	Rom. 14:1–12
WED	May 21	Ps. 123	Exod. 32	Rom. 14:13–23
THU	May 22	Ps. 124	Exod. 33	Rom. 15:1–13
FRI	May 23	Ps. 125	Exod. 34	Rom. 15:14–33
SAT	May 24	Ps. 126	Exod. 35	Rom. 16
SUN	May 25	Ps. 67	Exod. 36	John 14:23–29; Rev. 21:10, 22; 22:5
MON	May 26	Ps. 127	Exod. 37	1 Cor. 1
TUE	May 27	Ps. 128	Exod. 38	1 Cor. 2
WED	May 28	Ps. 129	Exod. 39	1 Cor. 3
THU	May 29	Ps. 47	Acts 1:1–11 (in lieu of OT)	Eph. 1:15–23
FRI	May 30	Ps. 130	Exod. 40	1 Cor. 4
SAT	May 31	Ps. 131	Lev. 1	1 Cor. 5
SUN	Jun 1	Ps. 97	Lev. 2	John 17:20–26; Rev. 22:12–14, 16–17, 20–21
MON	Jun 2	Ps. 132	Lev. 3	1 Cor. 6
TUE	Jun 3	Ps. 133	Lev. 4	1 Cor. 7
WED	Jun 4	Ps. 134	Lev. 5	1 Cor. 8
THU	Jun 5	Ps. 135	Lev. 6	1 Cor. 9
FRI	Jun 6	Ps. 136	Lev. 7	1 Cor. 10
SAT	Jun 7	Ps. 137	Lev. 8	1 Cor. 11

The Open Door

BY JOEL LITTLEPAGE

“Yesterday the Lamb was slain and the doorposts were anointed, and Egypt bewailed her Firstborn, and the Destroyer passed us over, and the Seal was dreadful and reverend, and we were walled in with the Precious Blood. Today we have clean escaped from Egypt and from Pharaoh; and there is none to hinder us from keeping a Feast to the Lord our God—the Feast of our Departure; or from celebrating that Feast, not in the old leaven of malice and wickedness, but in the unleavened bread of sincerity and truth.”

—ST. GREGORY OF NAZIANZUS (CA. 329-390), ORATION NO. 1,
DELIVERED ON EASTER SUNDAY

Easter is the open door to a new life. An exodus out of death. A feast on the way to the promised land. Alleluia! Let us rejoice!

In the physicality of the resurrection of our Lord, we find a tangible hope for all our physical lives. The sins of our bodies find forgiveness in the wounds of his. The pains of our hearts find solace in the resuscitated beating of his. The gasping of our lungs finds relief in the fresh wind of his. The despair of our lives finds hope in the new beginning of his.

In the beginning of one of his Easter homilies, St. Gregory of Nazianzus preached to his flock, “Now I come in with a Mystery, bringing with me the Day [Easter] as a good defender of my cowardice and weakness; that he who today rose again from the dead may renew me also by his Spirit; and, clothing me with the new Man, may give me to his New Creation.” I am struck by the phrase “bringing with me the Day,” as if Easter were a thick, warm coat against a biting wind or a coat of mail in the day of battle.

The truth is that we live in a hostile environment, if we have eyes to see it. “Egypt”—a symbol of the spiritual, political, theological, and economic forces of deadly evil—is not somewhere far off; it lies close at hand (see Rev. 18). In Egypt, God

is what you want. In Egypt, luxury is a right, at least for the winners. In Egypt, bodies are disposable. In Egypt, land is pillaged. In Egypt, Pharaoh is divine. In Egypt, we die.

And now, perhaps, Gregory rings out in higher fidelity. Exodus is here! A pathway through the sea has appeared and it leads to the shore of the new. New humanity, new creation. In the new creation, the ways of Egypt are shown for what they are: decaying dealings of death. Here, on this side of things, there is a feast. All can have it, not just the lucky. Bodies are loved. Humility is exalted. Land is stewarded. Trees clap their hands. Children laugh. Bread is multiplied. Wine is poured. Lambs and lions rest together. Here, we live. Forever.

That is the day we bring with us as our “good defender,” and *that* same Spirit who wrought the first Easter brings Easter to us now. Thanks be to God.

In this Easter edition of the Living Prayer Periodical, we provide many companions for the journey into this new creation. In the Prayers, I am particularly moved by the visceral prayer for courage offered by a Christian in Africa: “Strip fear from us as the hunter strips skin from his game. Let us in nothing be anxious. Let our courage be as steady as the giant cottonwood,

as penetrating as a strong wind, as contagious as a child's laugh, for thou art our need." In the Songbook, the hymn "Alleluia! Sing to Jesus" moves us to ponder Christ's empowering presence with us in the new Passover feast of the Table. In the Practices, Christine Aroney-Sine invites us to consider everyday miraculous resurrection in the garden. Finally, in the special Ascension Day Gallery, illustrator Stephen Procopio depicts our Lord's triumph in a remarkably beautiful, profound, and fresh way.

Dear friends, we hope that this labor of love may help you to grow in the grace and knowledge of our Lord and Savior Jesus Christ. Let us keep the feast! Alleluia! 🕊



JOEL LITTLEPAGE is the associate pastor of Grace Mosaic, laboring in the areas of worship and spiritual formation. A professional musician, he lives in the beautiful Fifth Ward of Washington, DC, with his wife, three sons, and a flock of chickens.



Prayers, Part 1

SUNDAY MORNING *to* WEDNESDAY EVENING

Tom Barrett

Sunday Morning

LECTIONARY

APR 20

EASTER SUNDAY

Ps. 118

Exod. 1

Matt. 28;

1 Cor. 15:19–26

APR 27

Ps. 150

Exod. 8

John 20:19–31;

Rev. 1:4–8

MAY 4

Ps. 30

Exod. 15

John 21:1–19;

Rev. 5:11–14

MAY 11

Ps. 23

Exod. 22

John 10:22–30;

Rev. 7:9–17

CALL

Christ is risen!

He is risen indeed! Hallelujah!

Adapted from Luke 24:34

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the Old Testament passage of the day.

PRAYER

Let no one mourn that they have fallen again and
again,
for forgiveness has risen from the grave.
Let no one fear death,
for the death of our Savior has set us free;
he has destroyed it by enduring it.

Christ is risen, and you, O death, are annihilated!
Christ is risen, and the evil ones are cast down!
Christ is risen, and the angels rejoice!
Christ is risen, and life is liberated!

Christ is risen, and the tomb is emptied of its dead;
for Christ, having risen from the dead,
is become the firstfruits of those who have fallen
asleep.

To him be glory and power forever and ever.

Amen!

Adapted from an Easter sermon of St. John Chrysostom (347–400 CE).

Chrysostom served as the archbishop of Constantinople (present-day Istanbul).

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new 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 vulnerable heart that is full of resurrection joy
- For the fellow churches that minister to your place
- For those who do not yet know the Risen Lord

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done,
on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our debts, as we forgive our debtors.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom and the power and the glory,
forever. Amen.

BENEDICTION

Hear the Lord Jesus say:

“I have said these things to you, that
in me you may have peace.

In the world you will have tribulation.

But take heart; I have overcome the world.”

May you take heart and go from this
place in courageous peace.

Adapted from John 16:33



LECTIONARY

MAY 18

Ps. 148

Exod. 29

John 13:31–35;

Rev. 21:1–6

MAY 25

Ps. 67

Exod. 36

John 14:23–29;

Rev. 21:10, 22; 22:5

JUN 1

Ps. 97

Lev. 2

John 17:20–26;

Rev. 22:12–14, 16–17,
20–21

Sunday Evening

LECTIONARY

APR 20

EASTER SUNDAY

Ps. 118
Exod. 1
Matt. 28;
1 Cor. 15:19–26

APR 27

Ps. 150
Exod. 8
John 20:19–31;
Rev. 1:4–8

MAY 4

Ps. 30
Exod. 15
John 21:1–19;
Rev. 5:11–14

MAY 11

Ps. 23
Exod. 22
John 10:22–30;
Rev. 7:9–17

CALL

To him who sits on the throne and to the Lamb
*be blessing and honor and glory and might
forever and ever!*

Revelation 5:13

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the New Testament passage of the day.

PRAYER

Almighty God, eternal Father,
we have sat at your feet,
learned from your word,
and eaten from your table.
We give you thanks and praise
for accepting us into your family.
Send us out with your blessing,
to live and to witness for you in the power of your Spirit,
through Jesus Christ, the firstborn from the dead.
Amen.

From the Eucharistic Rite of the Anglican Church in Kenya

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end 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.

INTERCESSORY PRAYER

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

BENEDICTION

All our problems

We send to the cross of Christ.

All our difficulties

We send to the cross of Christ.

All the devil's works

We send to the cross of Christ.

All our hopes

We set on the risen Christ.

Christ the Sun of Righteousness shine upon you
and scatter the darkness from before your path:
and the blessing of God Almighty,

Father, Son, and Holy Spirit,

be among you, and remain with you always.

Amen.

From the Eucharistic Rite of the Anglican Church in Kenya



LECTIONARY

MAY 18

Ps. 148

Exod. 29

John 13:31–35;

Rev. 21:1–6

MAY 25

Ps. 67

Exod. 36

John 14:23–29;

Rev. 21:10, 22; 22:5

JUN 1

Ps. 97

Lev. 2

John 17:20–26;

Rev. 22:12–14, 16–17,
20–21

Monday Morning

LECTIONARY

APR 21

Ps. 101
Exod. 2
Rom. 1:1–17

APR 28

Ps. 107
Exod. 9
Rom. 4

MAY 5

Ps. 113
Exod. 16
Rom. 7:13–25

MAY 12

Ps. 119:1–32
Exod. 23
Rom. 10:14–21

CALL

Exalt the LORD our God,
and worship at his holy mountain;
for the LORD our God is holy!

Psalm 99:9

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the Old Testament passage of the day.

PRAYER

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O Divine Master, grant that I may not so much seek
To be consoled as to console;
To be understood as to understand;
To be loved as to love.
For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life.
Amen.

A prayer attributed to St. Francis (ca. 1181–1226) of Assisi, Italy

ABIDING**LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA**

Pause at the start of a new 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 the submission of all of who you are to the Lordship of Jesus
- For the children in your life
- For those who work in the mail and delivery industry

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
forever. Amen.

BENEDICTION

If in Christ we have hope in this life only, we are of all people most to be pitied. But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep." May you go throughout the rest of your day grounded in the reality of the resurrection.

Adapted from 1 Corinthians 15:19–20

**LECTIONARY****MAY 19**

Ps. 121
Exod. 30
Rom. 13:11–14

MAY 26

Ps. 127
Exod. 37
1 Cor. 1

JUN 2

Ps. 132
Lev. 3
1 Cor. 6

Monday Evening

LECTIONARY

APR 21

Ps. 101
Exod. 2
Rom. 1:1–17

APR 28

Ps. 107
Exod. 9
Rom. 4

MAY 5

Ps. 113
Exod. 16
Rom. 7:13–25

MAY 12

Ps. 119:1–32
Exod. 23
Rom. 10:14–21

CALL

Answer me when I call, O God of my righteousness!
You have given me relief when I was in distress.

Be gracious to me and hear my prayer!

Psalm 4:1

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the New Testament passage of the day.

PRAYER

CONFESSION: Almighty God, I humbly ask thee to
make me like a tree planted by the waterside, that I
may bring forth fruits of good living in due season.
Forgive my past offenses, sanctify me now, and direct
all that I should be in the future, for Christ’s sake.

*A prayer from the church in Nigeria, taken from *Oceans of Prayer**

ASSURANCE: Blessed be the God and Father of our
Lord Jesus Christ! According to his great mercy, he has
caused us to be born again to a living hope through
the resurrection of Jesus Christ from the dead.

1 Peter 1:3

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end 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.

INTERCESSORY PRAYER

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

BENEDICTION

May you remember the wondrous, miraculous works that the Lord has done and rest tonight in his power.

Adapted from Psalm 105:5



LECTIONARY

MAY 19

Ps. 121

Exod. 30

Rom. 13:11–14

MAY 26

Ps. 127

Exod. 37

1 Cor. 1

JUN 2

Ps. 132

Lev. 3

1 Cor. 6

Tuesday Morning

LECTIONARY

APR 22

Ps. 102
Exod. 3
Rom. 1:18–32

APR 29

Ps. 108
Exod. 10
Rom. 5:1–11

MAY 6

Ps. 114
Exod. 17
Rom. 8:1–11

MAY 13

Ps. 119:33–64
Exod. 24
Rom. 11:1–12

CALL

Enter his gates with thanksgiving,
and his courts with praise!
Give thanks to him; bless his name!
For the LORD is good; his steadfast love endures forever!
Psalm 100:4–5a

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the Old Testament passage of the day.

PRAYER

O God, thou art our need and to thee we come, a song
of thanksgiving in our hearts sweeter than the song of
harvesting women, more eternal than the earth. For
thy gifts are of thee, and thou art God, thou art Creator,
thou art Giver, thou art Father, thou art our need.

O God, thou art our need. Strip fear from us as the
hunter strips skin from his game. Let us in nothing
be anxious. Let our courage be as steady as the giant
cottonwood, as penetrating as a strong wind, as
contagious as a child’s laugh, for thou art our need.

A prayer from the church in Africa, adapted from *Morning, Noon and
Night*

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new 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 reverence, humility, and teachability before the word of God
- For those who work to care for creation
- For doctors, nurses, paramedics, and all medical professionals

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
forever. Amen.

BENEDICTION

Now to him who is able to keep you from stumbling
and to present you blameless before the presence of
his glory with great joy, to the only God, our Savior,
through Jesus Christ our Lord, be glory, majesty,
dominion, and authority, before all time and now and
forever. Amen.

Jude 1:24-25



LECTIONARY

MAY 20

Ps. 122

Exod. 31

Rom. 14:1-12

MAY 27

Ps. 128

Exod. 38

1 Cor. 2

JUN 3

Ps. 133

Lev. 4

1 Cor. 7

Tuesday Evening

LECTIONARY

APR 22

Ps. 102
Exod. 3
Rom. 1:18–32

APR 29

Ps. 108
Exod. 10
Rom. 5:1–11

MAY 6

Ps. 114
Exod. 17
Rom. 8:1–11

MAY 13

Ps. 119:33–64
Exod. 24
Rom. 11:1–12

CALL

How precious is your steadfast love, O God!
*The children of mankind take refuge
in the shadow of your wings.*

Psalm 36:7

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the New Testament passage of the day.

PRAYER

Do not look forward in fear to the changes and chances
of this life; rather, look to them with full confidence
that, as they arise, God, to whom you belong, will in his
love enable you to profit by them. He has guided you
thus far in life, and he will lead you safely through all
trials; and when you cannot stand it, God will bury you
in his arms.

Do not fear what may happen tomorrow; the same
everlasting Father who cares for you today will take
care of you then and every day. He will either shield you
from suffering, or will give you unfailing strength to
bear it.

Be at peace, then, and put aside all anxious thoughts
and imaginations. Amen.

A prayer of St. Francis (1567–1622) de Sales (modern-day Annecy, France)

ABIDING**LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA**

Pause at the end 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.

INTERCESSORY PRAYER

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

BENEDICTION

As you head into your rest this evening, may you have the eyes of your heart enlightened, that you may know what is the hope to which God has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead.

Adapted from Ephesians 1:18–20

**LECTIONARY****MAY 20**

Ps. 122

Exod. 31

Rom. 14:1–12

MAY 27

Ps. 128

Exod. 38

1 Cor. 2

JUN 3

Ps. 133

Lev. 4

1 Cor. 7

Wednesday Morning

LECTIONARY

APR 23

Ps. 103
Exod. 4
Rom. 2:1–16

APR 30

Ps. 109
Exod. 11
Rom. 5:12–21

MAY 7

Ps. 115
Exod. 18
Rom. 8:12–25

MAY 14

Ps. 119:65–96
Exod. 25
Rom. 11:13–36

CALL

God has highly exalted him and bestowed on him the name that is above every name
so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2:9–11

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the Old Testament passage of the day.

PRAYER

CONFESSION: Lord,
help me to face the truth about myself.
Help me to hear my words as others hear them,
to see my face as others see me;
let me be honest enough to recognize
my impatience and conceit;
let me recognize my anger and selfishness;
give me sufficient humility to accept
my own weaknesses for what they are.
Give me the grace to say, “I was wrong—forgive me.”

A prayer of Frank Topping, an American Methodist minister,
adapted from *The Westminster Collection of Christian Prayers*

ASSURANCE: Jesus was delivered up for our trespasses and raised for our justification. Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

Adapted from Romans 4:25–5:1

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new 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 integrity in your life
- For those who work as pastors in the church
- For those who work in local government

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
forever. Amen.

BENEDICTION

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word.

2 Thessalonians 2:16–17



LECTIONARY

MAY 21

Ps. 123

Exod. 32

Rom. 14:13–23

MAY 28

Ps. 129

Exod. 39

1 Cor. 3

JUN 4

Ps. 134

Lev. 5

1 Cor. 8

Wednesday Evening

LECTIONARY

APR 23

Ps. 103
Exod. 4
Rom. 2:1–16

APR 30

Ps. 109
Exod. 11
Rom. 5:12–21

MAY 7

Ps. 115
Exod. 18
Rom. 8:12–25

MAY 14

Ps. 119:65–96
Exod. 25
Rom. 11:13–36

CALL

I love the LORD, because he has heard
my voice and my pleas for mercy. . . .
Therefore I will call on him as long as I live.
Psalm 116:1–2

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the New Testament passage of the day.

PRAYER

Watch, dear Lord, with those
who wake, or watch, or weep tonight,
and give your angels charge over those who sleep;
tend your sick ones, O Lord Christ,
rest your weary ones,
bless your dying ones, soothe your suffering ones,
pity your afflicted ones, shield your joyous ones,
and all for your love’s sake. Amen.

A prayer of St. Augustine (354–430) of Hippo (present-day Algeria)

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end 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.

PRAYER OF MINDFULNESS

Throughout the history of the church, Christians have incorporated practices of prayer that call to mind God's presence in the moment, humbly and gratefully review the time that has passed, and look forward to the gift of another day. Pray through these prompts slowly, giving time to each step of the practice.

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

BENEDICTION

Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.

Hebrews 13:20-21



LECTIONARY

MAY 21

Ps. 123
Exod. 32
Rom. 14:13-23

MAY 28

Ps. 129
Exod. 39
1 Cor. 3

JUN 4

Ps. 134
Lev. 5
1 Cor. 8





Practices

for BODY, MIND, *and* SPIRIT

Clicker Babu

Celebration

WESLEY HILL

MEDITATION

The source of [Easter] partying, we should remember, is the combination of our catastrophic need for grace and the sheer unlooked-for plenty of the grace that Easter embodies (literally) to meet that need. “Jesus,” says Paul in his letter to the Romans, was raised from the dead “for our justification,” to establish a clean slate and honored status for us in the covenant family—us who were “the ungodly,” the undeserving (4:5, 24–25). The resurrection is for all of us who couldn’t foresee it and could never find a way to engineer it.

At the church where I worship, the custom at the Easter Vigil service is for the preacher, in lieu of writing his own sermon, to read instead the Easter homily attributed to Saint John Chrysostom, the “golden-mouthed” fourth-century preacher. The homily begins at the place many of us find ourselves at the end of the Lenten season: painfully aware of our failures, petty and otherwise; our betrayals and hurts; our jadedness and our persisting hope that it really all might be true:

Let us all enter into the joy of the Lord!

Are there any weary with fasting?
 Let them now receive their wages!
 If any have toiled from the first hour,
 let them receive their due reward;
 if any have come after the third hour,
 let him with gratitude join in the Feast!
 And he that arrived after the sixth hour,
 let him not doubt; for he too shall sustain no loss.
 And if any delayed until the ninth hour,
 let him not hesitate; but let him come too.
 And he who arrived only at the eleventh hour,
 let him not be afraid by reason of his delay.
 For the Lord is gracious and receives the last even as the first.
 He gives rest to him that comes at the eleventh hour,
 as well as to him that toiled from the first.
 To this one He gives, and upon another He bestows.
 He accepts the works as He greets the endeavor.
 The deed He honors and the intention He commends.
 Let us all enter into the joy of the Lord!
 First and last alike receive your reward;
 rich and poor, rejoice together!
 Sober and slothful, celebrate the day!

The imagery here alludes to Jesus' parable of the laborers in the vineyard. In that disconcerting or (depending on your location) hope-giving story, those workers who slide in at the last minute and work for barely an hour receive the same compensation as those who turned up at dawn (Matthew 20:1–16). For any hearers who despair of their track record, it's easy to see how this is cause for astonished, humbled—and very raucous—celebration. 🍷

EXPLORATION

The following reflective explorations are supplied by the Daily Prayer Project in response to Dr. Hill's meditation.

1. What makes you feel celebratory? Listening to your favorite album? Jogging in the spring sunshine? Grabbing coffee with a loved one? Visiting a beautiful building or breathtaking outdoor space? Identify the places and activities that make you feel alive and jubilantly worshipful, and meet God there.
2. Invite others to the delight. Host a dinner or block party for your neighbors, instigate living room dance parties with your family, or explore a beautiful space in your city, town, or state with friends. Use hospitality, encouragement, adventure, etc., to spread the joy that God freely offers through Christ's resurrection.
3. Spend some time recalling seasons in your life when God provided for you, showed his mercy to you, or gave you great joy. This Eastertide, practice praising him for the life he has given you while journaling, praying, singing, dancing, or sharing with a friend.



WESLEY HILL (PhD, Durham University, UK) is a priest in the Episcopal Church and an associate professor of New Testament at Western Theological Seminary in Holland, Michigan. He is the author of *The Lord's Prayer: A Guide to Praying to Our Father* (Lexham, 2019), *Washed and Waiting: Reflections on Christian Faithfulness and Homosexuality* (Zondervan, 2nd ed. 2016), *Paul and the Trinity: Persons, Relations, and the Pauline Letters* (Eerdmans, 2015), and *Spiritual Friendship: Finding Love in the Church as a Celibate Gay Christian* (Brazos, 2015). He writes regularly for *Christianity Today*, *The Living Church*, *Comment*, and other publications.

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Ann Savchenko

The Spirituality of Gardening

CHRISTINE ARONEY-SINE

MEDITATION

It's garden season in the Pacific Northwest where I live, and my garden room is bulging with salad greens, broccoli, and over a hundred tomato plants waiting for warmer weather before they can go outside and into the ground. Squash and peppers won't be far behind. We hope that this year at least 50 percent of what we eat will come from the garden.

I have so enjoyed watching the growth of the community garden movement, which grew in the fertile ground of the 2008 recession and has gained even more momentum in recent years. The encouragement to spend more time outside has spurred families and churches to expand their gardens to provide for themselves and their local food banks.

But at the same time, there is often a total disconnect between what happens in the garden and what happens in our worship services. Yet it seems to me that gardening is one of the most profound acts of worship we can engage in. God's first act after completing creation was to plant a garden—the garden of Eden. And in the first sighting of Jesus after the resurrection, he is mistaken by Mary

Magdalene for the gardener because that is precisely what he is—the gardener of the new creation.

So much of our garden activity is performed kneeling, in the position of prayer and supplication. I kneel to weed, to plant, and to harvest. In this position I often find myself meditating and praying. If I am troubled by some seemingly insurmountable problem, there is no better place to thrash it out than on my knees in the garden. If I am irritable or depressed, there is no better therapy than weeding.

However, there is far more than these things that makes gardening a worshipful act. I often tell people that I read about the life, death, and resurrection of Christ in the Bible, but in the garden I experience it. Every time I plant a tiny misshapen seed and watch it burst into life from its earthy tomb, I feel as though I have seen the Easter story reenacted.

Early Celtic Christians were very aware of this. Three days before sowing, farmers would sprinkle the seed with water in the name of the Father, Son, and Holy Spirit. If possible, they would plant on a Friday. The moistening

I often tell people that I read about the life, death, and resurrection of Christ in the Bible, but in the garden I experience it.

hastened the seed's growth, and planting on Friday was a reminder of Christ's death and burial. Planting was seen as symbolic of Christ's planting the seed of the new world from which resurrection life would come for all humankind as well as for creation.

We have just entered the Easter season and are rapidly heading toward Earth Day (April 22), the perfect time not only to encourage our congregations to get outdoors, but also to help them make connections between the garden and their faith. Several years ago when Earth Day and Good Friday converged, I wrote a liturgy that brought these observances together. I found I could not stop there, because the story of God in the garden does not stop there. On that Easter Sunday I expanded this service into a new liturgy that I called "Jesus Has Risen, a New Creation Has Begun" to incorporate the resurrection of Christ as well.

There are other wonderful and worshipful lessons. I read about the faithfulness of God to Israel in the

Old Testament, but I experience it every time I watch the rain fall and nourish the seeds that have been planted. I read about the miracle of the fish and loaves, but I experience just as profound a miracle every time I am overwhelmed by the generosity of God's harvest. I hold an apple seed in my hand and marvel at the hundreds, if not thousands, of apples a seed like this has provided us with over the last ten years.

So perhaps this summer we should rejoice in garden experiences and curate a whole new experience for our congregations. The Gospel stories come alive in the garden, not just because we understand more fully the agricultural parables that Jesus so often used, but also because the garden is the place in which we can truly anticipate God's promise for the future. In the garden, as we watch the plants grow and bear fruit in their season, it is not hard to believe that one day all creation will indeed be made whole, restored and renewed to become all that God intends it to be. 🌱

EXPLORATION

1. Take stock of the ways in which you regularly interact with God's creation. How much time do you spend outside each week (especially in warmer months)? When you are outdoors, what are you doing? Consider adopting habits—such as strolling through your neighborhood, visiting a local botanical garden, or participating in an outdoor sport—this Eastertide that deepen your physical interactions with the earth.
2. Try your hand at gardening. If you are an inexperienced horticulturist, consider taking a gardening class to learn the basics. Whether growing tomatoes on your patio, cultivating a plot of flowers in your yard, or contributing to a community garden, contemplate how gardening provides a beautiful, tactile illustration for burial, resurrection, and new life.
3. Consider the postures you typically engage in while worshipping God. Do you stand while singing hymns at church? Sit cross-legged on your couch while reading scripture? Gardening often necessitates kneeling, a recognizable symbol of prayer. Evaluate how your physical posture impacts how you worship—and how embodied your worship is—this season.



CHRISTINE ARONEY-SINE is a contemplative activist, passionate gardener, author, and liturgist. She loves messing with spiritual traditions and inspiring followers of Jesus to develop creative approaches to spirituality that intertwine the sacred through all of life. She is the founder and facilitator of the popular contemplative blog godspacelight.com. Her most recent book is *The Gift of Wonder: Creative Practices for Delighting in God* (IVP, 2019). Christine has other gardening and spirituality resources available on her blog, including the e-book *To Garden with God* and an online course on the spirituality of gardening on Thinkific.

Adapted from an article first published on Luther Seminary's Faith+Lead (<https://faithlead.org>).



Gallery

for CONTEMPLATION

RESURRECTION

Matthais Grünewald, from the Isenheim Altarpiece, 1515

Unterlinden Museum, Colmar, France



RESURRECTION

Jörg Länger, 2003

Linocut, wax, oil, and graphite on laid paper, 33 × 33 cm,
poured with casting resin between two sheets of Optiwhite glass, 38 × 38 cm

© Jörg Länger and VG Bild-Kunst

Resurrection

JÖRG LÄNGER

CURATOR COMMENTARY

This mixed-media work by the German artist Jörg Länger (born 1964) portrays the Paschal mystery in luminous yellow tones. The Christ figures are taken from three historical paintings: a Crucifixion miniature in the De Lisle Psalter, Fra Angelico's *Entombment of Christ* (in which Joseph of Arimathea drags Christ's body from behind into its resting place while Mother Mary and St. John give his hands one last goodbye caress), and Matthias Grünewald's *Resurrection* from the Isenheim Altarpiece (see p. 37). The figures are arranged in an upward sweep in a sequence of death, burial, and resurrection—Good Friday, Holy Saturday, Easter Sunday. Our gaze starts low in the denser bottom third of the image but then rises, like Christ from the tomb.

“I am the light of the world,” Jesus declared. “Whoever follows me will not walk in darkness, but will have the light of life” (John 8:12). In Länger's piece, Jesus is positively dazzling, the sun at the dawn of a new creation. He lifts up his palms for us to see his now-glorified wounds, by which we are healed.

Holy Women at the Empty Tomb

FROM AN ARMENIAN GOSPEL BOOK

CURATOR COMMENTARY

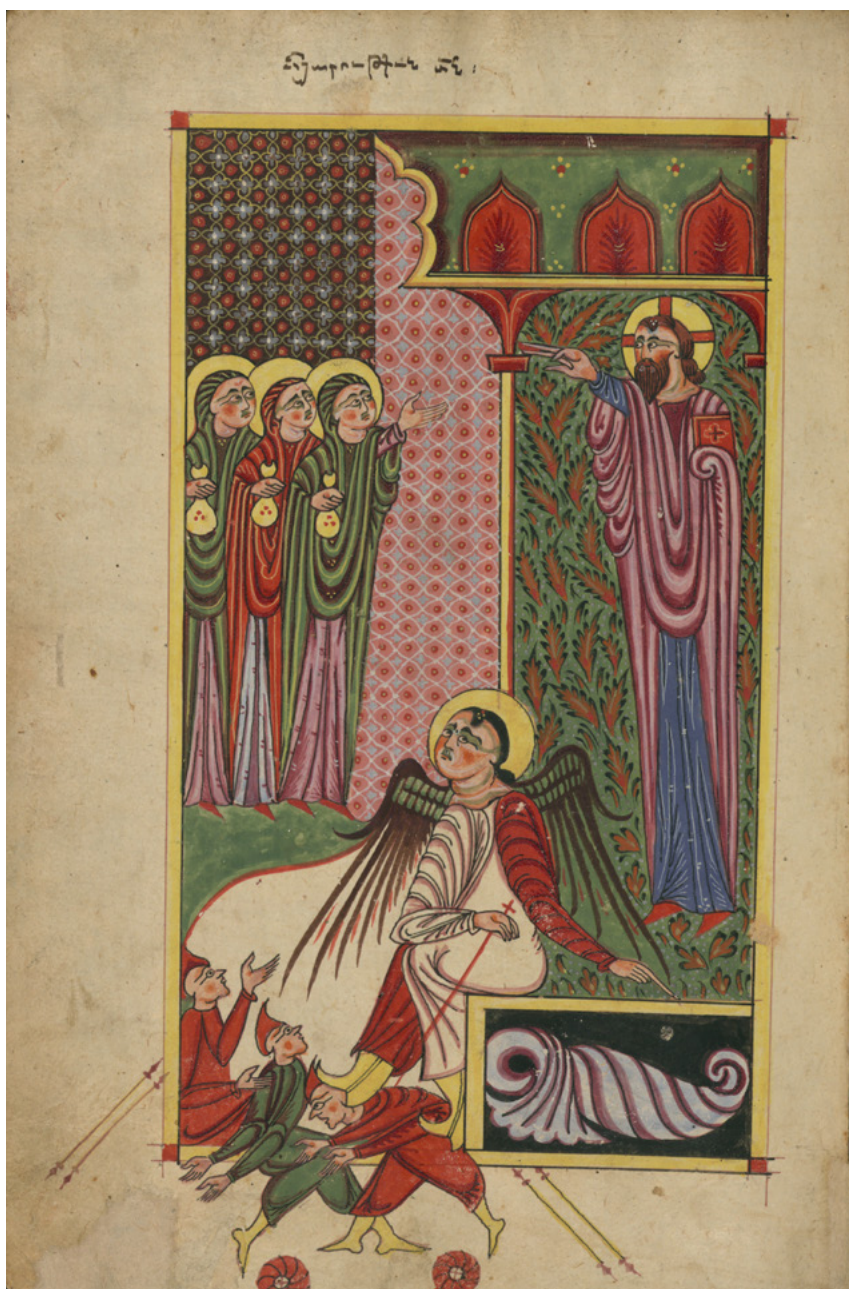
“Glory to your resurrection, O Lord!

With the oil-bearing women we rise early in the morning to greet you, the living one, O eternal Christ. Receive our praise in place of their incense. . . . With them, announcing the good news, let us proclaim your wonders alone. For you rose from the dead, O most powerful, immortal King. . . . You will come again with the glory of the Father, divinely granting resurrection to the universe.”

—EASTER HYMN FROM THE *SHARAGNOTS* (1646), THE ARMENIAN CHURCH’S HYMNAL

This late medieval manuscript illumination from Armenia shows Mary Magdalene, Mary the mother of James, and Salome making their way to Jesus’s tomb on Sunday morning, carrying vessels of myrrh to anoint his body as an act of reverence. They are shocked to find not a dead body but an empty grave, disused graveclothes, and an angel proclaiming that Jesus has risen. Three guards stumble over each other in surprise, sending their shields and spears flying to the ground. Standing on the right against a foliate background is the risen Christ himself, holding a book in one hand (representing the good news) and extending a gesture of blessing to the women with the other. He tasks them with going to tell the others what they’ve seen.

This is one of twenty-six full-page miniatures painted by the artist-priest Xaç’atur in a Gospel book produced in 1455 at the Monastery of Saint Gamaliel Apostle in Khizan in Armenia’s Lake Van region (Vaspuṛakan) (present-day eastern Turkey). Because Armenia is at the nexus of east and west and passed through the hands of various empires, its art reflects multicultural influences from Romans, Byzantines, Persians, Muslims, Mongols, Ottomans, and Europeans. The Khizan style of art, demonstrated here, is distinguished by its ornateness, bright color palette, rhythmic compositions, and characters with round faces and red cheekbones.



HOLY WOMEN AT THE EMPTY TOMB

From an Armenian Gospel book, 1455

Ink and pigments on parchment, 27.5 × 18 cm

Walters Art Museum, Baltimore, MS W.543, fol. 10v



The Supper at Emmaus

ZÉPHYRIN LENDOGNO

CURATOR COMMENTARY

Luke 24 recounts a postresurrection appearance of Christ to two pilgrim-disciples with whom he walks to and dines at Emmaus. It isn't until he blesses and breaks the bread at the table that they recognize him.

This is one of some seventy scenes from the Bible that the Gabonese artist Zéphyrin Lendogno (1924–2006) carved into the thirty-one pillars at St. Michael Nkembo, a Catholic church in Libreville, Gabon, in Central Africa. The pillars wrap around the porch on three sides of the building, which was erected in 1964 and completed in 1977 (see next page).

In a 2004 article published in *African Arts*, Dr. Jessica Levin writes about the indigenous Gabonese cultural forms integrated into the church's visual program:

These elements include Fang *bieri* carvings featured on the pulpit and *ngombi* harps and Mahongwe *m'bweti* reliquary figures and Punu *mkudj* masks referenced in the column decoration. . . . Specificity of place is suggested by the inclusion of a map of Africa as well as by depictions of local flora and fauna. The overall form echoes that of Fang men's meeting houses (*aba*) while the church's building materials comprise the various woods of Gabon's equatorial forest. These symbolic elements visually welcome congregants who hail from each region of the country. The multicultural assembly at Sunday Mass reflects the diversity of the capital, with Fang, Myène, Punu, Galoa, Eshira, Teke, and other participants in attendance.

Such localized artistic expressions were explicitly encouraged by the Second Vatican Council, which declared in 1963 that “the Church has not adopted any particular style of art as her own” and therefore “the art of our own times from every race and country shall . . . be given free scope in the Church, provided it bring to the task the reverence and honor due to the sacred buildings and rites.”

THE SUPPER AT EMMAUS

Zéphyrin Lendogno, ca. 1975

Kevazingo wood pillar, L'Église Saint-Michel de Nkembo, Libreville, Gabon

Photo: Roland Albenesius





Prayers, Part 2

THURSDAY MORNING *to* SATURDAY EVENING

Thursday Morning

LECTIONARY

APR 24

Ps. 104
Exod. 5
Rom. 2:17-29

MAY 1

Ps. 110
Exod. 12
Rom. 6:1-11

MAY 8

Ps. 116
Exod. 19
Rom. 8:26-39

MAY 15

Ps. 119:97-128
Exod. 26
Rom. 12:1-13

CALL

I waited patiently for the LORD;
he inclined to me and heard my cry.
***He drew me up from the pit of destruction,
out of the miry bog, and set my feet upon a rock.***

Psalm 40:1-2

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61-65.

LESSON

Read the Old Testament passage of the day.

PRAYER

Open, O doors and bolts of my heart,
that Christ the King of Glory may enter!
Enter, O my Light, and enlighten my darkness;
Enter, O my Life, and quicken my deadness;
Enter, O my Physician, and heal my wounds;
Enter, O Divine Fire, and burn up the thorns of my sins;
Ignite my inward parts and my heart
with the flame of your love;
Enter, O my King, and destroy in me
the kingdom of sin;
Sit on the throne of my heart and alone reign in me,
O my King and my Lord!

A prayer by St. Dimitry (1651-1709) of Rostov, Russia, taken from *The Ancient Faith Prayer Book*. Dimitry was a bishop in the Russian Orthodox Church.

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new 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 is slow to speak
and slow to get angry
- For those who work in the construction industry
- For those who have learning disabilities

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
forever. Amen.

BENEDICTION

May the God and Father of our Lord Jesus Christ, who,
by his great mercy, has caused us to be born again to a
living hope through the resurrection of Jesus Christ
from the dead, give you his holy shalom throughout
this day.

Adapted from 1 Peter 1:3



LECTIONARY

MAY 22

Ps. 124
Exod. 33
Rom. 15:1-13

MAY 29

ASCENSION DAY
(See p. 50.)

JUN 5

Ps. 135
Lev. 6
1 Cor. 9

Thursday Evening

LECTIONARY

APR 24

Ps. 104
Exod. 5
Rom. 2:17-29

MAY 1

Ps. 110
Exod. 12
Rom. 6:1-11

MAY 8

Ps. 116
Exod. 19
Rom. 8:26-39

MAY 15

Ps. 119:97-128
Exod. 26
Rom. 12:1-13

CALL

It is good to give thanks to the LORD,
to sing praises to your name, O Most High;
*to declare your steadfast love in the morning,
and your faithfulness by night.*

Psalm 92:1-2

PSALM

Read the Psalm of the day.

THE GLORIA

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

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61-65.

LESSON

Read the New Testament passage of the day.

PRAYER

Lord, save us and aid us while we are awake;
protect us while we are asleep;
that awake we may watch with Christ,
and asleep may rest in his peace.
Look down, Lord, from your throne in heaven;
let the light of your presence dispel
the shadows of the night;
and from the children of light banish
the deeds of darkness;
through Jesus Christ our Lord. Amen.

A traditional prayer during the Office of Compline
in the Western church

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end 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.

INTERCESSORY PRAYER

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

BENEDICTION

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.” May you rest now within the fortress of the loving God.
Adapted from Psalm 91:1-2



LECTIONARY

MAY 22

Ps. 124
Exod. 33
Rom. 15:1-13

MAY 29

ASCENSION DAY
(See p. 50.)

JUN 5

Ps. 135
Lev. 6
1 Cor. 9

ASCENSION DAY

CALL

God has gone up with a shout,
the LORD with the sound of a trumpet.
Sing praises to God, sing praises!
Sing praises to our King, sing praises!

Psalms 47:5–6

PSALM

Read Psalm 47. This psalm is traditionally referred to as a psalm of enthronement and has been used on Ascension Day since the early days of the church. The psalm celebrates divine enthronement by using the powerful image of God joyfully mounting his throne as a conquering, liberating ruler to whom all the princes of the earth give their homage (v. 9). During the Easter season, the church sings this psalm to celebrate the Lord Jesus's conquering of the powers of evil and death by his crucifixion, resurrection, and ascension to the throne of heaven.

ADORATION

Sing the hymn "Alleluia! Sing to Jesus" on p. 62. Ponder how this hymn explores the ascension of our Lord while also meditating on Christ's promise to "be with us forevermore." How is Christ with us? Verse 3 takes us to the Eucharist, the place of communion with Christ's body (1 Cor. 10:16). It is there that we are joined with our ascended High Priest. "Alleluia! He is near us, faith believes nor questions how."

LESSON

Read Acts 1:1–11 and Ephesians 1:15–23.

PRAYER

O God of earth and sky, as Jesus came among us in Bethlehem to raise us up to heaven, so today we recall his departing from us at Jerusalem to

be in all places. Though he is hidden from our sight, enable us to abide in him by the power and grace of the Holy Spirit, until his mercy and grace fill your whole creation. Amen.

A prayer of the Order of St. Luke, an ecumenical religious order founded by Methodists, from The Daily Office

ABIDING

VISIO DIVINA

Before reflecting on the artwork on the opposite page, take a deep breath and relax any inner striving into a gentle openness to the Holy Spirit. Ask God to guide this time of looking, perceiving, and dwelling with.

Now gaze on the image. Take in its colors, shapes, light, and movement. What stirs your curiosity or fixes your attention? How is this image like and unlike other Ascension images you've seen, or mentally constructed? What words come to mind to describe it? What about it resonates with or deepens your understanding of God or yourself?

Allow all that has stirred in response to the artwork to settle into prayer.

BENEDICTION

May the Lord grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.

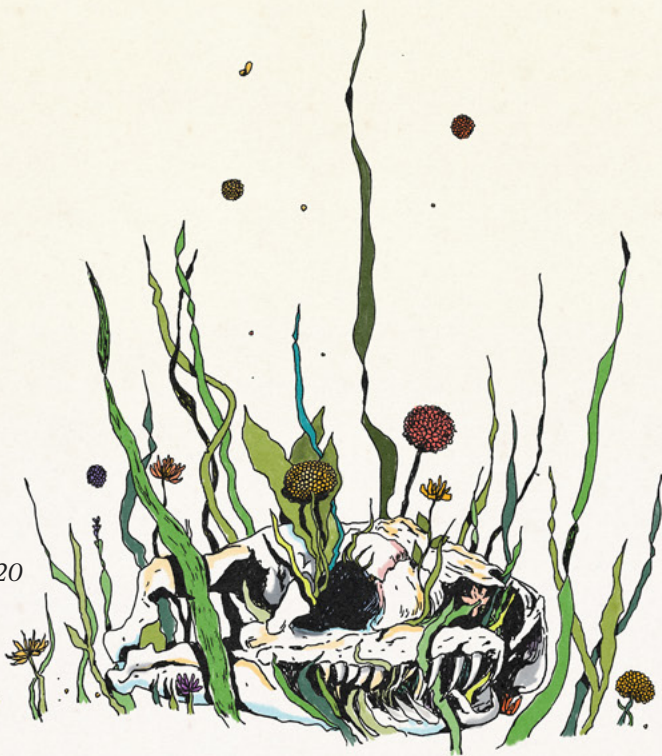
Adapted from Ephesians 3:16–17



ASCENSION

Stephen Procopio, 2020

Digital illustration



Friday Morning

LECTIONARY

APR 25

Ps. 105
Exod. 6
Rom. 3:1–18

MAY 2

Ps. 111
Exod. 13
Rom. 6:12–23

MAY 9

Ps. 117
Exod. 20
Rom. 9

MAY 16

Ps. 119:129–76
Exod. 27
Rom. 12:14–21

CALL

Awake, my glory!
Awake, O harp and lyre!
I will awake the dawn!

Psalm 57:8

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the Old Testament of the day.

PRAYER

You are my help in times of trouble,
You are my strength when I am weak,
You are my bread, my daily portion,
Everything I need, you are.
You are my shield,
You're my protection,
A shelter from the enemy,
You are the rock of my salvation,
Everything I need, you are.
You are my God, who reigns forever,
You rule in power and majesty,
Your glory come now, fill this temple,
Everything I need, you are.

So I will worship you, worship you just for who you are.
So I will worship you, worship you just for who you are.

A prayer adapted from the song “Just for Who You Are” by Judith Christie McAllister (b. 1963). Ms. McAllister serves as president of the International Music of the Church of God in Christ (COGIC). © 2002 Judah Music Publishing. All rights reserved.

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new 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 eyes to see the beauty and dignity of all image-bearers of God
- For the elderly in your life
- For those who work in the restaurant industry

THE LORD’S PRAYER

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
forever. Amen.

BENEDICTION

“Fear not, I am the first and the last, and the living one. I died, and behold I am alive forevermore, and I have the keys of Death and Hades.” May the Lord take away your fear and set your heart to hope in him throughout this day.

Adapted from Revelation 1:17–19



LECTIONARY

MAY 23

Ps. 125
Exod. 34
Rom. 15:14–33

MAY 30

Ps. 130
Exod. 40
1 Cor. 4

JUN 6

Ps. 136
Lev. 7
1 Cor. 10

Friday Evening

LECTIONARY

APR 25

Ps. 105
Exod. 6
Rom. 3:1–18

MAY 2

Ps. 111
Exod. 13
Rom. 6:12–23

MAY 9

Ps. 117
Exod. 20
Rom. 9

MAY 16

Ps. 119:129–76
Exod. 27
Rom. 12:14–21

CALL

Where shall I go from your Spirit?
Or where shall I flee from your presence?

Psalm 139:7

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–67.

LESSON

Read the New Testament passage of the day.

PRAYER

This day I pray for my enemies.
I pray for them by name, lifting them to your throne.
I pray for them because you ask me to pray for them.
I pray for them because I am your child,
and in order to live in keeping with your ways,
I must pray for my enemies.

I bless my enemies by name.
I ask that you bless them today with your presence.
I ask that you draw them to yourself.
I ask that you help them in their weaknesses.
I ask that you mend their ripped hearts,
and that you soothe their drawn souls.
I ask that you bless them with your Spirit.
I ask that your Spirit make them whole.

A prayer of Kari Kristina Reeves, taken from Canyon Road

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end 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.

INTERCESSORY PRAYER

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

BENEDICTION

Hear the Lord Jesus say:
“Behold, I am with you always, to the end of the age.”
Rest now in Christ’s presence.
Adapted from Matthew 28:20



LECTIONARY

MAY 23

Ps. 125
Exod. 34
Rom. 15:14–33

MAY 30

Ps. 130
Exod. 40
1 Cor. 4

JUN 6

Ps. 136
Lev. 7
1 Cor. 10

Saturday Morning

LECTIONARY

APR 26

Ps. 106
Exod. 7
Rom. 3:19–31

MAY 3

Ps. 112
Exod. 14
Rom. 7:1–12

MAY 10

Ps. 118
Exod. 21
Rom. 10:1–13

MAY 17

Ps. 120
Exod. 28
Rom. 13:1–10

CALL

Praise the LORD, all nations!
Extol him, all peoples!

Psalm 117:1

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the Old Testament of the day.

CREED

Do you believe in God, the Father Almighty?
We believe.

Do you believe in Christ Jesus, the Son of God, who
was born of the Virgin Mary, and was crucified under
Pontius Pilate, and was dead and buried, and rose
again the third day, alive from the dead, and ascended
into heaven, and sat at the right hand of the Father,
and will come to judge the living and the dead?

We believe.

Do you believe in the Holy Spirit, in the holy church,
and the resurrection of the body?

We believe.

The Hippolytus Baptismal Creed. St. Hippolytus was a theologian who served as
bishop of Rome. He was martyred on August 12, 235 CE.

PRAYER

Heart of Jesus, think of me. Eyes of Jesus, look on me.
Hands of Jesus, bless me. Arms of Jesus, enfold me. Feet
of Jesus, guide me. Body of Jesus, feed me. Blood of
Jesus, strengthen me.

An anonymous prayer from *Evelyn Underhill's Prayer Book*

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

*Pause at the start of a new 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 resistance to the love of money
and for generosity in all of life
- For those who have suffered from abuse
- For the flourishing of all people in your place,
from the womb to the tomb

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
forever. Amen.

BENEDICTION

From him and through him and to him are all things.
To him be glory forever. Amen. Go out in the glorious
presence of God.

Adapted from Romans 11:36



LECTIONARY

MAY 24

Ps. 126
Exod. 35
Rom. 16

MAY 31

Ps. 131
Lev. 1
1 Cor. 5

JUN 7

Ps. 137
Lev. 8
1 Cor. 11

Saturday Evening

LECTIONARY

APR 26

Ps. 106
Exod. 7
Rom. 3:19–31

MAY 3

Ps. 112
Exod. 14
Rom. 7:1–12

MAY 10

Ps. 118
Exod. 21
Rom. 10:1–13

MAY 17

Ps. 120
Exod. 28
Rom. 13:1–10

CALL

I cry to you, O LORD;
*I say, “You are my refuge,
my portion in the land of the living.”*

Psalm 142:5

PSALM

Read the Psalm of the day.

THE GLORIA

Glory be to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be:
world without end. Hallelujah! Amen.

ADORATION

SILENCE OR SONG

Seasonal song selections can be found on pp. 61–65.

LESSON

Read the New Testament passage of the day.

PRAYER

CONFESSION: 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

ASSURANCE: 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

ABIDING

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the end 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.

PRAYER OF MINDFULNESS

- 1. Become aware of God's presence.
- 2. Review this past week with gratitude.
- 3. Pay attention to your emotions.
- 4. Choose one feature of the week and pray from it.
- 5. Look toward tomorrow and the beginning of a new week.

A PRAYER FOR SABBATH

Creator God,
on the seventh day you rested and were refreshed.
Please help me now to enter into
the rest of your Sabbath,
that I may cease from my work
and delight in your care over my life
both now and forever,
Amen.

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.

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



LECTIONARY

MAY 24

Ps. 126
Exod. 35
Rom. 16

MAY 31

Ps. 131
Lev. 1
1 Cor. 5

JUN 7

Ps. 137
Lev. 8
1 Cor. 11



A silhouette of a person wearing a wide-brimmed hat and holding an acoustic guitar, positioned on the left side of the frame. The background is a bright, hazy sunset or sunrise over a body of water, with the sun low on the horizon. The overall mood is serene and contemplative.

Songbook

for ADORATION

Priscilla Du Preez

Alleluia! Sing to Jesus



1. Al - le - lu - ia! sing to Je - sus!
 2. Al - le - lu - ia! not as or - phans
 3. Al - le - lu - ia! Bread of an - gels,
 4. Al - le - lu - ia! King et - er - nal,



His the scep - ter, his the throne;
 Are we left in sor - row now;
 Thou on earth our food, our stay;
 Thee the Lord of lords we own;



Al - le - lu - ia! his the tri - umph
 Al - le - lu - ia! He is near us,
 Al - le - lu - ia! here the sin - ful
 Al - le - lu - ia! born of Ma - ry,



His the vic - to - ry a - lone:
 Faith be - lieves nor ques - tions how:
 Flee to thee from day to day:
 Earth thy foot - stool, heav'n thy throne:

Words by William Chatterton Dix, 1866; music by Rowland Hugh Prichard, 1830 (tune: HYFRYDOL).

Public domain.

Oh, qué bueno es Jesús

(OH, HOW GOOD IS CHRIST THE LORD)



¡Oh, qué bue - no es Je - sús, Que por mí— mu rió en la cruz!
Oh, how good is Christ the Lord! On the cross he died for me.



Mis pe - ca - dos perd - o - nó. A su nom - bre glo - ria.
He has par - doned all my sin. Glo-ry be— to Je - sus.



A su nom - bre glo - ria A su nom - bre glo - ria.
Glo-ry be— to Je - sus! Glo-ry be— to Je - sus!



En tres días re - su - ci - to. A su nom - bre glo - ria.
In three days he rose a - gain. Glo-ry be— to Je - sus!

Traditional song from Puerto Rico, arr. Dale Grotenhuis, © 1987 Faith Alive Christian Resources.

Taken from *Santo, Santo, Santo: Cantos para el pueblo de Dios*, © 2019 GIA Publications, Inc., Chicago.

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Low in the Grave He Lay



C#m Bbm7(b5) AM7 A G#aug7

Low in — the grave he lay, (echo) Je-sus — my Sa-vior, (echo)
 Vain - ly — they watch his bed, (echo) Je-sus — my Sa-vior, (echo)
 Death can - not keep his prey, (echo) Je-sus — my Sa-vior, (echo)

C#m E/B A G#m7 F#m B

Wait-ing the com-ing day, Je-sus — my Lord. He a-
 Vain-ly — they seal the dead, Je-sus — my Lord.
 He tore the bars a-way! Je-sus — my Lord,

F#m7

rose a vic - tor from the dark do - main, _____ and he

E/D D E/D D

lives for - e - ver with his saints to reign, _____

F#m G#m A B G#m A B C#m F#m G#m A B G#m A B C#m

Up from the grave, up from the grave, — Up from the grave, up from the grave, Hal-le

F#m G#m A B G#m A B C#m F#m G#m A B E

lu - jah, Hal-le - lu - jah, Hal-le - lu - jah, Christ a-rose! —

Words by Robert Lowry, 1874; music by James Ward, © 2008 James Ward Music.

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Crown Him with Many Crowns



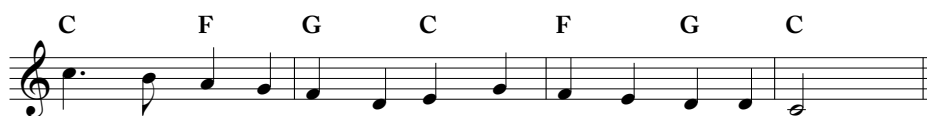
Crown Him with ma - ny crowns, the Lamb up - on His throne. Hark
Crown Him the Lord of love, be - hold His hands and side. Rich
Crown Him the Lord of peace, whose power a scep - tre sways, from
Crown Him the Lord of life, who tri - umphed o'er the grave, and



how the heav - enly an - them drowns all mu - sic but its own. A -
wounds yet vi - si - ble a - bove in beau - ty glo - ri - fied. No
pole to pole that wars may cease and all be prayer and praise. His
rose vic - to - rious in the strife for those He came to save. His



wake my soul and sing of Him who died for thee and
an - gel in the sky can ful - ly bear that sight but
reign shall know no end and round His pierc - ed feet fair
glo - ries now we sing, who died and rose on high, who



hail Him as thy match-less King through all e - ter - ni - ty.
down - ward bends each burn - ing eye at my - ste - ries so bright.
flowers of pa - ra - dise ex - tend, their fra - grance e - ver sweet.
died e - ter - nal life to bring and lives that death may die.

Words by Matthew Bridges, 1851, alt. Godfrey Thring, 1871. Music by George J. Elvey, 1868. Public domain.



Animating a life of prayer
through the manifold beauty of the church