

RHYTHM OF DAILY PRAYER



With Cycle of Daily Readings and Friday Blessings

We bless each business and place of work. We bless you so that whatever you turn your hand to which is wholesome may be fruitful and profitable, that the work of your hands may be fruitful and prosperous, and that you will have enough to live and enough to give.

We bless each place of learning to be a safe and secure environment where teachers, pupils and support staff may flourish and thrive. We bless each child and student to have an increased capacity to learn and grow, able to develop good, healthy, helpful relationships.

We speak to every local church in our community and speak the blessings of the Lord upon you. In the name of Jesus we bless you that the Holy Spirit and the Word of God may flow freely and fully, that each minister and leader may know the power and presence of God, and may be convicted and empowered to faithfully interpret and preach the Word, to generously and graciously model the servant-heart of Christ and the love of the Father, and to share the comfort of the Spirit.

We bless each Christian community to be a thriving and saturated place of God's presence, knowing the fullness of His peace, provision and power. We bless you to respond to His leading, to recognise and respond to the voice of the Spirit and to be drawn into an ever-deepening relationship with the living God.

We bless each person in the community to discover the life-changing truth of His forgiveness and acceptance and to experience first-hand the wonder of new life in Him, the joy of being children and citizens of His kingdom, and the miracle of His indwelling presence by the Holy Spirit.

In the name of Jesus and to His glory,

Amen.

FRIDAY BLESSINGS

On Friday mornings, we speak blessings over our churches and our communities. Below is an example you may want to follow, but do feel free to let the Lord lead you. You may want to stand and face the town or people you are speaking blessings over, stretching out your hands toward them as a simple way of acknowledging your intention before the Lord both to bless and to be a blessing to them.

Precious Heavenly Father, we thank You that You have saved us, redeemed us and established us in Your Kingdom as priests to serve You (Rev 1:6). Just as You called Your priests of old to proclaim blessings, so we take up our priestly mantle, and by the authority You have given us in the name of Jesus, we speak to every household in this town and surrounds and say to you:

“We bless you in the name of the Lord. We bless your marriages. We bless the relationships between husbands and wives, that they may be strong, cultivating deep roots of love, walking in forgiveness toward each other; united, speaking with one heart and one voice. We bless fathers to have hearts turned to their children, and children to have their hearts turned to their fathers. We bless mothers to form deep, strong and healthy relationships with their children. We bless you, fathers and mothers, to be strengthened and refreshed as you carry out your responsibilities and as you set a good and godly example for your children. We bless wider family relationships that they may be strong and deep, that there may be love, peace and understanding flowing freely between each other. In the name of Jesus, we bless every wholesome and supportive friendship, to be deepened and strengthened.

We bless the health and well-being of this community, that you may be strong and well. We bless you in the name of Jesus and speak against any and all sickness and disease that seek to invade this community. We say to all the residents; be strong and healthy. To those who are sick, we bless you to make a speedy and full recovery in Jesus’ name.

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An Introduction to the Rhythm of Daily Prayer

This Rhythm of Daily Prayer is modelled on the one used at Ffald-y-Brenin. My heart's cry is that it will be an instrument that the Lord will use to lead you into His blessing, and that it will enable you to walk in step with the Holy Spirit through the day, infusing the whole of your day with the knowledge of His Presence and allowing Him to speak to, and with, you as you journey through the day.

Although liturgy has been used, it is simply to provide a trellis (or framework) around which you can meet with the Lord. There is lots of space for the Holy Spirit to break in and minister; so be receptive to His still, small voice. It is not a script to be religiously followed, but a simple tool to help introduce a regular rhythm to your prayer life as a means of building your day around prayer rather than trying to fit prayer into your day. Each morning and evening prayer is accompanied by a Bible reading with the first reading forming part of the Morning Prayer and the second reading as part of Evening Prayer. This will enable you to read through the entire New Testament and Proverbs twice a year, and through the book of Psalms once. Of course, you may feel that the Lord is leading you to read a different portion of Scripture on any given day. That is fine. Feel free to be open to His leading. I would, however, encourage you to read the Scripture portion aloud and slowly, reflecting on what you are reading and inviting the Lord to speak and minister to you. This draws on an ancient method of Bible reading called *'Lectio Divina'*, or *'Divine Reading.'* It is a helpful, interactive method that acknowledges that God's word is living and active, and that He wants to speak to us through it and invite a response to what He is saying. You may also want to keep a journal, taking a moment during (or after) your prayer time to record what you feel the Lord has revealed to you or prompted you to do.

You will also note that some of the text is in normal font while some is in bold-type. If you are doing this as part of a group, have one person lead, reading the text in normal type, with the group responding by reading the text in bold-type. Read slowly, thoughtfully and prayerfully. Friday mornings provide an opportunity to speak blessings over your local community and over those you meet. Here is an example of a daily rhythm of prayer. Feel free to adapt it to suit your circumstances. Be blessed!

Morning Prayer: 9.30am
 Lunchtime Prayer: 1.30pm
 Evening Prayer: 7.00pm
 Night Prayer: 9.30pm

December

1st:	Titus 1	Titus 2
2nd:	Titus 3	Philemon 1
3rd:	Hebrews 1	Hebrews 2
4th:	Hebrews 3	Hebrews 4
5th:	Hebrews 5	Hebrews 6
6th:	Hebrews 7	Hebrews 8
7th:	Hebrews 9	Hebrews 10
8th:	Hebrews 11	Hebrews 12
9th:	Hebrews 13	James 1
10th:	James 2	James 3
11th:	James 4	James 5
12th:	1 Peter 1	1 Peter 2
13th:	1 Peter 3	1 Peter 4
14th:	1 Peter 5	2 Peter 1
15th:	2 Peter 2	2 Peter 3
16th:	1 John 1	1 John 2
17th:	1 John 3	1 John 4
18th:	1 John 5	2 John
19th:	3 John	Jude
20th:	Revelation 1	Revelation 2
21st:	Revelation 3	Revelation 4
22nd:	Revelation 5	Revelation 6
23rd:	Revelation 7	Revelation 8
24th:	Revelation 9	Revelation 10
25th:	Revelation 11	Revelation 12
26th:	Revelation 13	Revelation 14
27th:	Revelation 15	Revelation 16
28th:	Revelation 17	Revelation 18
29th:	Revelation 19	Revelation 20
30th:	Revelation 21	Revelation 22

November

MORNING PRAYER

1st:	1 Corinthians 8		1 Corinthians 9
2nd:	1 Corinthians 10		1 Corinthians 11
3rd:	1 Corinthians 12		1 Corinthians 13
4th:	1 Corinthians 14		1 Corinthians 15
5th:	1 Corinthians 16		2 Corinthians 1
6th:	2 Corinthians 2		2 Corinthians 3
7th:	2 Corinthians 4		2 Corinthians 5
8th:	2 Corinthians 6		2 Corinthians 7
9th:	2 Corinthians 8		2 Corinthians 9
10th:	2 Corinthians 10		2 Corinthians 11
11th:	2 Corinthians 12		2 Corinthians 13
12th:	Galatians 1		Galatians 2
13th:	Galatians 3		Galatians 4
14th:	Galatians 5		Galatians 6
15th:	Ephesians 1		Ephesians 2
16th:	Ephesians 3		Ephesians 4
17th:	Ephesians 5		Ephesians 6
18th:	Philippians 1		Philippians 2
19th:	Philippians 3		Philippians 4
20th:	Colossians 1		Colossians 2
21st:	Colossians 3		Colossians 4
22nd:	1 Thessalonians 1		1 Thessalonians 2
23rd:	1 Thessalonians 3		1 Thessalonians 4
24th:	2 Thessalonians 1		1 Thessalonians 2
25th:	2 Thessalonians 3		2 Thessalonians 4
26th:	1 Timothy 1		1 Timothy 2
27th:	1 Timothy 3		1 Timothy 4
28th:	1 Timothy 5		1 Timothy 6
29th:	2 Timothy 1		2 Timothy 2
30th:	2 Timothy 3		2 Timothy 4

Start with a time of silence, quieting your heart in the Lord's presence and inviting Him to meet with you.

O Lord, open my lips, and my mouth will declare Your praise.

(Psalm 51:15 ESV)

Blessed are You great and mighty God;

We give You glory, honour and praise both now and forevermore!

Sing: *Choose a worship song (or hymn) and prayerfully sing it to the Lord, reflecting on the words you are offering to Him. Sing from the heart - not simply from the head. Invite Him to inhabit your praises.*

But this I call to mind, and therefore I have hope:

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

“The LORD is my portion,” says my soul, “therefore I will hope in him.”

The LORD is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the LORD.

(Lam 3:21-26 ESV)

In a moment of quiet reflection, invite the Lord to be enthroned anew in your life in every situation, in every circumstance and in every relationship. Ask Him to bring to mind any situation or circumstance that He wants you to lift to Him in prayer. If there is anything in your life right now that has left you feeling hopeless, stressed, weary or overwhelmed, bring it to the Lord and invite the God of hope to renew your hope.

With this in mind, read the following Scripture:

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

(Ro 15:13 ESV)

Gracious and Almighty God,

Because of Your great mercy and grace, we lay our lives down before You afresh today as a living sacrifice. We choose to die to our old self, and ask You to pour Your mighty resurrection power through us.

This day, may the fragrance of Christ be revealed in our lives as You come in power to establish Your kingdom.

This day, we invite You to lead us and ask that You help us both to know and to yield to Your leading, teaching us and empowering us to respond in humble, simple obedience to Your still, small voice in every circumstance.

Pause and reflect.

Lord, You have promised that if we ask anything according to Your will, You hear us. As we now come to read the Scriptures, we ask You to help us. Open our eyes to behold wondrous things out of Your word.

Scripture Reading: If you would like to follow the cycle of reading in this booklet, please turn to the Cycle of Daily Readings, starting on page 12. Alternatively, feel free to read a portion of Scripture that the Lord may be laying on your heart.

After you have read slowly and reflectively, pause and pray, considering the verse(s) that have come to light in a new way. Dwell on them and let them inspire and shape your prayer(s).

Prayer Time – Pray as you feel led.

Friday Morning Blessings: Friday mornings provide an opportunity to proclaim the Friday Morning Blessings (see page 24).

The Lord's Prayer: You may want to take a moment to say the Lord's Prayer.

October

1st:	John 11		John 12
2nd:	John 13		John 14
3rd:	John 15		John 16
4th:	John 17		John 18
5th:	John 19		John 20
6th:	John 21		Acts 1
7th:	Acts 2		Acts 3
8th:	Acts 4		Acts 5
9th:	Acts 7		Acts 6
10th:	Acts 8		Acts 9
11th:	Acts 10		Acts 11
12th:	Acts 12		Acts 13
13th:	Acts 14		Acts 15
14th:	Acts 16		Acts 17
15th:	Acts 18		Acts 19
16th:	Acts 20		Acts 21
17th:	Acts 22		Acts 23
18th:	Acts 24		Acts 25
19th:	Acts 26		Acts 27
20th:	Acts 28		Romans 1
21st:	Romans 2		Romans 3
22nd:	Romans 4		Romans 5
23rd:	Romans 6		Romans 7
24th:	Romans 8		Romans 9
25th:	Romans 10		Romans 11
26th:	Romans 12		Romans 13
27th:	Romans 14		Romans 15
28th:	Romans 16		1 Corinthians 1
29th:	1 Corinthians 2		1 Corinthians 3
30th:	1 Corinthians 4		1 Corinthians 5
31st:	1 Corinthians 6		1 Corinthians 7

September

1st: Matthew 19	Matthew 20
2nd: Matthew 21	Matthew 22
3rd: Matthew 23	Matthew 24
4th: Matthew 25	Matthew 26
5th: Matthew 27	Matthew 28
6th: Mark 1	Mark 2
7th: Mark 3	Mark 4
8th: Mark 5	Mark 6
9th: Mark 7	Mark 8
10th: Mark 9	Mark 10
11th: Mark 11	Mark 12
12th: Mark 13	Mark 14
13th: Mark 15	Mark 16
14th: Luke 1	Luke 2
15th: Luke 3	Luke 4
16th: Luke 5	Luke 6
17th: Luke 7	Luke 8
18th: Luke 9	Luke 10
19th: Luke 11	Luke 12
20th: Luke 13	Luke 14
21st: Luke 15	Luke 16
22nd: Luke 17	Luke 18
23rd: Luke 19	Luke 20
24th: Luke 21	Luke 22
25th: Luke 23	Luke 24
26th: John 1	John 2
27th: John 3	John 4
28th: John 5	John 6
29th: John 7	John 8
30th: John 9	John 10

Lord, I surrender this day to You to do Your will and to walk in obedience to Your word. Mindful of this, I think now on Your command:

“So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.”

(Mt 7:12)

O High King of Heaven, have mercy on our nation.

Revive Your Church and send Your Holy Spirit to breathe new life in us, filling us with Your presence. Wherever we may go today, may You reach out through us to touch the lost, to care for the least and to minister to the broken. May Your Kingdom come this day and may Your name be honoured in all that we say and do. In Jesus’ mighty name we pray. Amen.

Christ as a light illumine and guide me.

Christ as a shield overshadow me.

**Christ under me, Christ over me,
Christ beside me, on my left and my right.**

**This day be within and without me,
Lowly and meek, yet all-powerful
Be in the heart of each to whom I speak,
In the mouth of each who speaks to me.**

**This day be within and without me,
Lowly and meek, yet all-powerful.
Christ as light, Christ as a shield,
Christ beside me on my left and my right.**

(Adapted from Patrick’s Breastplate)

LUNCHTIME PRAYER

August

These prayers should be prayed slowly and reflectively. Take a moment to be still in the Lord's presence. Choose to give this time completely to Him.

Be still and know that I am God.

(Psalm 46:10a NLT)

The LORD is my rock, my fortress, and my saviour;

My God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.

(Psalm 18:2 TLB)

We come to You as the sun rides high

To pause and give You glory.

We invite You into middle of our day.

May Your rest be upon us.

Come Holy Spirit.

We hand every burden over to You now and thank You for Your prevailing peace.

For God alone, O my soul, wait in silence, for my hope is from him.

He only is my rock and my salvation, my fortress; I shall not be shaken.

On God rests my salvation and my glory; my mighty rock, my refuge is God.

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

(Psalm 62:5-8 ESV)

Now, hand any thoughts, cares or concerns over to the Lord and invite Him to be Lord over the situation.

1st:	Hebrews 13	James 1
2nd:	James 2	James 3
3rd:	James 4	James 5
4th:	1 Peter 1	1 Peter 2
5th:	1 Peter 3	1 Peter 4
6th:	1 Peter 5	2 Peter 1
7th:	2 Peter 2	2 Peter 3
8th:	1 John 1	1 John 2
9th:	1 John 3	1 John 4
10th:	1 John 5	2 John
11th:	3 John	Jude
12th:	Revelation 1	Revelation 2
13th:	Revelation 3	Revelation 4
14th:	Revelation 5	Revelation 6
15th:	Revelation 7	Revelation 8
16th:	Revelation 9	Revelation 10
17th:	Revelation 11	Revelation 12
18th:	Revelation 13	Revelation 14
19th:	Revelation 15	Revelation 16
20th:	Revelation 17	Revelation 18
21st:	Revelation 19	Revelation 20
22nd:	Revelation 21	Revelation 22
23rd:	Matthew 1	Matthew 2
24th:	Matthew 3	Matthew 4
25th:	Matthew 5	Matthew 6
26th:	Matthew 7	Matthew 8
27th:	Matthew 9	Matthew 10
28th:	Matthew 11	Matthew 12
29th:	Matthew 13	Matthew 14
30th:	Matthew 15	Matthew 16
31st:	Matthew 17	Matthew 18

July

1st:	Proverbs 4		1 Thessalonians 1
2nd:	1 Thessalonians 2		Proverbs 5
3rd:	1 Thessalonians 3		Proverbs 6
4th:	Proverbs 7		1 Thessalonians 4
5th:	1 Thessalonians 5		Proverbs 8
6th:	2 Thessalonians 1		Proverbs 9
7th:	Proverbs 10		2 Thessalonians 2
8th:	2 Thessalonians 3		Proverbs 11
9th:	1 Timothy 1		Proverbs 12
10th:	Proverbs 13		1 Timothy 2
11th:	1 Timothy 3		Proverbs 14
12th:	1 Timothy 4		Proverbs 15
13th:	Proverbs 16		1 Timothy 5
14th:	1 Timothy 6		Proverbs 17
15th:	2 Timothy 1		Proverbs 18
16th:	Proverbs 19		2 Timothy 2
17th:	2 Timothy 3		Proverbs 20
18th:	2 Timothy 4		Proverbs 21
19th:	Proverbs 22		Titus 1
20th:	Titus 2		Proverbs 23
21st:	Titus 3		Proverbs 24
22nd:	Proverbs 25		Philemon 1
23rd:	Hebrews 1		Proverbs 26
24th:	Proverbs 27		Hebrews 2
25th:	Hebrews 3		Proverbs 28
26th:	Hebrews 4		Proverbs 29
27th:	Proverbs 30		Hebrews 5
28th:	Hebrews 6		Proverbs 31
29th:	Hebrews 7		Hebrews 8
30th:	Hebrews 9		Hebrews 10
31st:	Hebrews 11		Hebrews 12

O Lord, our Lord,
How majestic is your name in all the earth! You have set your glory above the heavens.

(Psalm 8:1 ESV)

Pause as you lift the nations of the world to the Lord as He brings them to mind. Pray that His name will be exalted.

Now, take a moment to reflect on the different attributes and characteristics of God. What attributes or characteristics stand out for you right now? In light of this, how would you like God to reveal Himself to you in a deeper way today? Take a moment to invite Him to so do.

Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them.

(Heb 7:25 NIV)

Since Jesus ever lives to make intercession for us, invite the Lord to lay on your heart the things that He is praying right now and spend some time praying as you feel led.

O precious and glorious God,

Bless us as we go about our work. Be with us this afternoon and be ever close to us. Help us to see You in others and to see others as people made in Your image. Keep us in the beautiful attitudes of Your peace and presence; joyful, gentle, simple.

May the favour of the Lord our God rest on us; establish the work of our hands for us - yes, establish the work of our hands.

(Psalm 90:17 NIV)

Amen.

Close with a worship song/hymn

EVENING PRAYER

June

Spend a few moments being still in the Lord's presence and invite him to come and have His way.

**It is good to give thanks to the LORD
And to sing praises to Your name, O Most High;
To declare Your lovingkindness in the morning
And Your faithfulness by night.**

(Ps 92:1-2 ESV)

Sing: Choose a worship song and sing it to the Lord. Think about the words you are singing and offer them as praise to Him.

Father, we come to you as the day ends to say thank You.

Thank you, Father.

For all the encouragement and strength You have brought to us this day, for all the provisions You have bestowed upon us and all the kindnesses You have shown,

Thank You, Jesus.

For all that we have seen and learnt both of and from You today, for each new insight You have revealed and every old insight You have enabled us to see in a fresh light,

Thank You, Holy Spirit.

For all the people we have interacted with today, whether by phone or email, online or in person, and for all that You have taught us and shown us as a consequence,

Thank you, gracious God.

1st:	Psalm 122		2 Corinthians 4
2nd:	2 Corinthians 5		Psalm 123
3rd:	2 Corinthians 6		Psalm 124
4th:	Psalm 125		2 Corinthians 7
5th:	2 Corinthians 8		Psalm 126
6th:	2 Corinthians 9		Psalm 127
7th:	Psalm 128-129		2 Corinthians 10
8th:	2 Corinthians 11		Psalm 130-131
9th:	Psalm 132		2 Corinthians 12
10th:	2 Corinthians 13		Psalm 133
11th:	Galatians 1		Psalm 134
12th:	Psalm 135		Galatians 2
13th:	Galatians 3		Psalm 136
14th:	Galatians 4		Psalm 137
15th:	Psalm 138		Galatians 5
16th:	Galatians 6		Psalm 139
17th:	Ephesians 1		Psalm 140
18th:	Psalm 141		Ephesians 2
19th:	Ephesians 3		Psalm 142
20th:	Psalm 143		Ephesians 4
21st:	Ephesians 5		Psalm 144
22nd:	Ephesians 6		Psalm 145
23rd:	Psalm 146		Philippians 1
24th:	Philippians 2		Psalm 147
25th:	Philippians 3		Psalm 148
26th:	Psalm 149		Philippians 4
27th:	Colossians 1		Psalm 150
28th:	Colossians 2		Proverbs 1
29th:	Proverbs 2		Colossians 3
30th:	Colossians 4		Proverbs 3

May

1st:	Romans 5		Psalms 91
2nd:	Romans 6		Psalms 92
3rd:	Psalms 93		Romans 7
4th:	Romans 8		Psalms 94
5th:	Romans 9		Psalms 95
6th:	Psalms 96		Romans 10
7th:	Romans 11		Psalms 97
8th:	Romans 12		Psalms 98
9th:	Psalms 99		Romans 13
10th:	Romans 14		Psalms 100
11th:	Romans 15		Psalms 101
12th:	Psalms 102		Romans 16
13th:	1 Corinthians 1		Psalms 103
14th:	1 Corinthians 2		Psalms 104
15th:	Psalms 105		1 Corinthians 3
16th:	1 Corinthians 4		Psalms 106
17th:	Psalms 107		1 Corinthians 5
18th:	1 Corinthians 6		Psalms 108
19th:	Psalms 109		1 Corinthians 7
20th:	Psalms 110		1 Corinthians 8
21st:	1 Corinthians 9		Psalms 111
22nd:	1 Corinthians 10		Psalms 112
23rd:	Psalms 113		1 Corinthians 11
24th:	1 Corinthians 12		Psalms 114
25th:	1 Corinthians 13		Psalms 115
26th:	Psalms 116		1 Corinthians 14
27th:	1 Corinthians 15		Psalms 117
28th:	1 Corinthians 16		Psalms 118
29th:	Psalms 119		2 Corinthians 1
30th:	2 Corinthians 2		Psalms 120
31st:	2 Corinthians 3		Psalms 121

Lord, You have promised that if we ask anything according to Your will, You hear us. As we now come to spend time in the Scriptures, help us; open our eyes to behold the wondrous things out of Your word.

Scripture Reading: If you would like to follow the cycle of reading in this booklet, please turn to the Cycle of Daily Readings, starting on page 12. Alternatively, feel free to read a portion of Scripture that the Lord may be laying on your heart.

After you have read slowly and reflectively, pause and pray, considering the verse(s) that have come to light in a new way. Dwell on them and let them inspire and shape your prayer(s).

Prayer time: Pray as the Lord leads you.

I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. I call upon the Lord, who is worthy to be praised, and I am saved from my enemies.

(Ps 18:1-2 ESV)

Lord, whatever darkness touches me, whether physical, emotional or spiritual, I thank You and trust You to lighten it. I believe and trust wholeheartedly in You.

I now commit this evening to you and invite You to be in it, speaking as You desire, prompting as You choose, and drawing me into an ever-deeper relationship with You. I love you, Lord, my refuge and my strength.

I go into this night thankful that that You will bless me and keep me, that You will make Your face to shine upon me and be gracious to me; that You will turn Your face towards me and give me peace. Your praise will forever be on my lips.

Amen.

NIGHT PRAYER (COMPLINE)

April

Heavenly Father, I ask that You grant me a quiet night and a perfect end to this day.

Amen.

Keep me safe, my God, for in you I take refuge. I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure.

(Psalm 16:1, 7-9 NIV)

In you, O Lord, do 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!

(Ps 71:1-2 ESV)

For You are my hope, sovereign Lord, my confidence.

My mouth is filled with Your praise.

You give rest to the weary and joy to the sorrowing.

You give hope to the hopeless and restore the broken in heart.

In repentance and rest is my salvation.

In quietness and trust is my strength.

Pause and take a moment in silence to reflect on the day. Invite the Lord to speak to you about the day.

1st:	Psalm 61	Acts 3
2nd:	Acts 4	Psalm 62
3rd:	Acts 5	Psalm 63
4th:	Psalm 64	Acts 6
5th:	Acts 7	Psalm 65
6th:	Acts 8	Psalm 66
7th:	Psalm 67	Acts 9
8th:	Acts 10	Psalm 68
9th:	Acts 11	Psalm 69
10th:	Psalm 70	Acts 12
11th:	Acts 13	Psalm 71
12th:	Acts 14	Psalm 72
13th:	Psalm 73	Acts 15
14th:	Acts 16	Psalm 74
15th:	Acts 17	Psalm 75
16th:	Psalm 76	Acts 18
17th:	Acts 19	Psalm 77
18th:	Acts 20	Psalm 78
19th:	Psalm 79	Acts 21
20th:	Acts 22	Psalm 80
21st:	Acts 23	Psalm 81
22nd:	Psalm 82	Acts 24
23rd:	Acts 25	Psalm 83
24th:	Psalm 84	Acts 26
25th:	Acts 27	Psalm 85
26th:	Acts 28	Psalm 86
27th:	Psalm 87	Romans 1
28th:	Romans 2	Psalm 88
29th:	Romans 3	Psalm 89
30th:	Psalm 90	Romans 4

March

1st:	Psalm 30		Luke 17
2nd:	Luke 18		Psalm 31
3rd:	Luke 19		Psalm 32
4th:	Psalm 33		Luke 20
5th:	Luke 21		Psalm 34
6th:	Luke 22		Psalm 35
7th:	Psalm 36		Luke 23
8th:	Luke 24		Psalm 37
9th:	Psalm 38		John 1
10th:	John 2		Psalm 39
11th:	John 3		Psalm 40
12th:	Psalm 41		John 4
13th:	John 5		Psalm 42
14th:	John 6		Psalm 43
15th:	Psalm 44		John 7
16th:	John 8		Psalm 45
17th:	John 9		Psalm 46
18th:	Psalm 47		John 10
19th:	John 11		Psalm 48
20th:	John 12		Psalm 49
21st:	Psalm 50		John 13
22nd:	John 14		Psalm 51
23rd:	John 15		Psalm 52
24th:	Psalm 53		John 16
25th:	John 17		Psalm 54
26th:	John 18		Psalm 55
27th:	Psalm 56		John 19
28th:	John 20		Psalm 57
29th:	John 21		Psalm 58
30th:	Psalm 59		Acts 1
31st:	Acts 2		Psalm 60

Merciful and gracious God, I confess to You before the whole company of heaven and before one another that I have sinned today in thought, word and deed. Forgive me Lord for what I have done and for what I have failed to do in Your name.

Have mercy on me, O God, according to Your unfailing love; according to Your great compassion, blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. Forgive me Lord and raise me up to new life in Christ Jesus. Amen.

Lord, You are my strength and my song.

You have become my salvation.

You are my God and I will praise You.

With every breath may You be praised!

All glory, honour and praise be to the Father and to the Son and to the Holy Spirit. Both now and forevermore.

Amen.

Sing: Choose a worship song and sing it to the Lord. Think about the words you are singing and offer them as praise to Him.

Father, bless this time of rest. I bless You Lord to give me counsel in the night as You desire, to give me dreams, to give me visions, to refresh me and to strengthen me so that in waking, Your praise may ever be on my lips. At the end of this day, I lift up my loved ones and friends to You. I pray that You would keep us all in Your steadfast love and that You watch over us in our sleep.

May You bless us and keep us, may You make Your face to shine upon us and be gracious to us; may You look kindly on us and give us peace. In Jesus' name. Amen.

CYCLE OF DAILY READINGS

The following cycle of readings works through the whole New Testament and Proverbs twice each year, and through the Psalms once.

February

January

1st:	Matthew 1		Proverbs 1
2nd:	Matthew 2		Proverbs 2
3rd:	Proverbs 3		Matthew 3
4th:	Matthew 4		Proverbs 4
5th:	Matthew 5		Proverbs 5
6th:	Proverbs 6		Matthew 6
7th:	Matthew 7		Proverbs 7
8th:	Matthew 8		Proverbs 8
9th:	Proverbs 9		Matthew 9
10th:	Matthew 10		Proverbs 10
11th:	Matthew 11		Proverbs 11
12th:	Proverbs 12		Matthew 12
13th:	Matthew 13		Proverbs 13
14th:	Matthew 14		Proverbs 14
15th:	Proverbs 15		Matthew 15
16th:	Matthew 16		Proverbs 16
17th:	Matthew 17		Proverbs 17
18th:	Proverbs 18		Matthew 18
19th:	Matthew 19		Proverbs 19
20th:	Matthew 20		Proverbs 20
21st:	Proverbs 21		Matthew 21
22nd:	Matthew 22		Proverbs 22
23rd:	Proverbs 23		Matthew 23
24th:	Matthew 24		Proverbs 24
25th:	Matthew 25		Proverbs 25
26th:	Proverbs 26		Matthew 26
27th:	Matthew 27		Proverbs 27
28th:	Matthew 28		Proverbs 28
29th:	Proverbs 29		Mark 1
30th:	Mark 2		Proverbs 30
31st:	Mark 3		Proverbs 31

1st:	Psalm 1		Mark 4
2nd:	Mark 5		Psalm 2
3rd:	Mark 6		Psalm 3
4th:	Psalm 4		Mark 7
5th:	Mark 8		Psalm 5
6th:	Mark 9		Psalm 6
7th:	Psalm 7		Mark 10
8th:	Mark 11		Psalm 8
9th:	Mark 12		Psalm 9
10th:	Psalm 10		Mark 13
11th:	Mark 14		Psalm 11
12th:	Mark 15		Psalm 12
13th:	Psalm 13		Mark 16
14th:	Luke 1		Psalm 14
15th:	Psalm 15		Luke 2
16th:	Luke 3		Psalm 16
17th:	Luke 4		Psalm 17
18th:	Psalm 18		Luke 5
19th:	Luke 6		Psalm 19
20th:	Luke 7		Psalm 20
21st:	Psalm 21		Luke 8
22nd:	Luke 9		Psalm 22
23rd:	Luke 10		Psalm 23
24th:	Psalm 24		Luke 11
25th:	Luke 12		Psalm 25
26th:	Luke 13		Psalm 26
27th:	Psalm 27		Luke 14
28th:	Luke 15		Psalm 28
29th:	Luke 16		Psalm 29