



# *Pray Daily*

DAILY RHYTHMS  
OF MORNING AND  
EVENING PRAYER





***God made us and redeemed us  
for fellowship with himself, and  
that is what prayer is.***

JI PACKER



## A VISION FOR DAILY PRAYER

The Apostle Paul urges us to ‘pray without ceasing’ (1 Thess. 5:17), that is, for the background music of our lives to be a prayerful dependence on God and a joyful awareness of his presence. And yet, for prayer to be a spontaneous habit of our heart will only develop through the discipline of regular, daily prayer.

Daily prayer has been a rhythm in the lives of God’s people since ancient times. Daniel ‘got down on his knees three times a day and prayed’ (Dan. 6:10). Jesus ‘rose very early in the morning ... went out to a solitary place, and there he prayed’ (Mk. 1:35). The medieval monasteries practiced the ‘Daily Offices’: fixed times for prayer each day, said to be based on Jesus’ challenge to his sleeping disciples, ‘Could you not watch with me one hour?’ (Mt. 26:40).

In the Protestant Reformation, the English Reformer Thomas Cranmer wanted to help ordinary people with a full day of work to still practise daily prayer. He settled on a twice-daily pattern of morning and evening prayer, conducted either privately or together with church or family—written up in the *Book of Common Prayer*. (John Calvin recommended five fixed times to pray, while Robert Murray M’Cheyne designed his famous Bible reading calendar to accompany private prayer in the morning and family prayer in the evening).

## WHAT IS THIS BOOK?

Anglican Christians are often known as people of two books: the Bible and the Book of Common Prayer (BCP). The BCP contains a breathtakingly rich heritage of worship and prayers that has shaped Anglican worship for centuries. In it we learn the essential doctrines of the Protestant faith: the supremacy and centrality of the Bible, justification by grace through faith, the substitutionary atoning death of Jesus Christ, the gracious sovereignty of God.

However, the little book known as the BCP can be overwhelming. It’s not an Apple product, easy-to-use straight out of the box! In our age of instant gratification, we tend to avoid practices that involve a steep learning curve coupled with the need for persistent commitment. But if we cave in to the spirit of our age, prayer will never become the habit of our heart.

Which is why this booklet is intended as a stepping stone. It’s inspired by the ‘Daily Offices’ from St Peter’s Fireside in Vancouver, Canada (with original design by Alastair Sterne). It reworks selected prayers from the BCP into user-friendly forms, with occasional other prayers. We hope the format deepens your rhythms of daily prayer; it demands consistent time and energy but the results are a robustly biblical and worshipful experience of Christ’s glory.

## HOW TO USE THIS BOOK

The booklet has outlines for both Morning and Evening prayer, each with unique content and divided into parts. As you pray, begin with *Part One*, then turn to the corresponding day in *Part Two* (with Sunday given over to corporate prayer in church). If you're pressed for time, simply use Part One; if you want to engage with Scripture include Part Two (or use on its own).

Setting aside a time and place will make all the difference. The Morning Prayer readies us for the day, inviting us to intercede (ask) for one another and the city and world. The Evening Prayer is more reflective on the day that has passed, giving space to repent of our sins and to give thanks for God's faithfulness - that could be prayed after dinner (with family) or before retiring. The patterns of prayer include different elements:

**INVITATION** We begin our prayers as people invited into God's presence.

**LORD'S PRAYER** When asked, "How do we pray?", Jesus taught what we now call the Lord's Prayer. We begin our daily prayers by putting Jesus' instruction into practice which provides the framework for how we see and understand our lives within the world. It can be really helpful to pray it slowly, saying one petition at a time and meditating upon it.

**COLLECTS** A "collect" is a prayer that collects up a theme of God's character and leads us to pray in light of it.

**PSALMS** St. Augustine called the psalms "the school of prayer." They've helped God's people to pray for millennia, especially in the way they reflect the full range of emotions in all of life's ups and downs. There will be times a psalm doesn't match your immediate experience, but it may prompt you to pray for others or prepare you to face that in the future.

**SCRIPTURE** Every morning and evening includes readings from the Bible. This plan will take you through most of the Bible in a year (more on p. 23).

**DWELLING** Psalm 1 invites us to '*meditate*' on God's word day and night. This isn't the eastern emptying of our minds but filling them with God's good word. More than that, it's a refusal to rush over God's word, but to dwell on God's promises and what He wants to teach us.

**INTERCESSION & GIVING THANKS** In this booklet, intercession takes place in the morning, and thanksgiving is done in the evening. We begin our day asking God for the needs and concerns of our church, city and world; as well as our personal needs. This is a crucial prayer practice in an age of isolation, hyper-individualism, and self-sufficiency. We end our day by giving thanks both as an expression of gratitude and way of cultivating gratitude.

**CONFESSION** God wants us to be honest with him, to name the areas of our lives where we have sinned and failed to believe and live out the gospel. As well as the set prayer, pause to confess specific sin and idolatry and need. Confession is a time to lay our neediness—and shame and guilt—before the Holy God who is both our Maker and Judge, as well as the Father whose nature is to have mercy. The practice of confession reminds us daily we need God’s forgiveness.

**ASSURANCE** As we confess our sins, the point is not to park in guilt or shame but to open ourselves up to the grace of God. This prayer affirms our trust in Jesus and gives concrete expression to the gospel. Even at our worst, God loves us, forgives us, and is working for our good—and we know this because while we were sinners, Christ died for us.

**QUIET** Sometimes we need to slow down and be still instead of rushing in order to "get things done." When you see the word Quiet, be still for a moment and remember that Christ abides in you as you abide in him.


**PRAYER LIST** This is a place to write down names of people to pray for regularly (family; friends; people yet to come to know Jesus), or needs.

## **PRAYING SET WORDS**

You may not be accustomed to a way of praying that involves pre-set words. It’s worth trying for at least these reasons.

First, the prayers of the BCP are *biblically rich and God-centred*, in an age where our spontaneous prayers can easily be bland and self-focused, and unlikely to include types of prayer like confession of our sins. Second, set words can help us learn to pray when we are *new* in the Christian faith, when we are *anxious or tired* and struggling for words, or to help *children* learn to pray. Third, we all have rhythms and slogans and liturgies that shape our lives (eg, ‘living my best life’); wouldn’t it be better if the set words that shape and form us are *prayers*!? Fourth, set words are *only a platform*: ‘If, in the midst of their [set] devotions, [Christians] find their heart ready to break forth into new and higher strains of devotions, they should leave this form for a while and follow those fervors of their heart, until it again wants the assistance of their usual petitions’ (William Law).

We’re confident that this booklet can be a helpful springboard not an irksome structure, as the BCP has been for countless Christians over centuries. And we pray it will lead you closer to Christ in joyful and prayerful dependence.



***"The right way to pray is to stretch out our hands and ask One who we know has the heart of a Father."***

DIETRICH BONHOEFFER

MORNING PRAYER



# Every Morning

MORNING PRAYER PART ONE

## INVITATION

"Whom have I in heaven but you?

And there is nothing on earth that I desire besides you.

My flesh and my heart may fail,

but God is the strength of my heart and my portion forever.

*Psalm 73:25-26*

*Quiet*

Jesus, my Lord and my God:

With this new dawn, I seek you.

In the morning, I call out to you:

Guard and guide my steps this day.

## LORD'S PRAYER

Our Father in heaven, hallowed be your name.

Your kingdom come, your will be done,

on earth as it is in heaven.

Give us today our daily bread.

Forgive us our sins,

as we forgive those who sin against us.

Lead us not into temptation,

but deliver us from evil.

For yours is the kingdom, and the power,

and the glory forever and ever. Amen.

## MORNING COLLECT

Eternal God and Father, by whose power we are created and by whose

love we are redeemed: guide and strengthen us by your Spirit, that

we may give ourselves to your service, and live this day in love to one

another and to you; through Jesus Christ our Lord. Amen.

## PSALM (OPTIONAL)

Open your Bible to the Psalms: either at random or read sequentially

through the year. But don't just read the Psalm: *pray with the Psalmist!*

TURN TO **PART TWO** OF THE CORRESPONDING DAY



## SCRIPTURE READING

Before you read, remember: This is how the living God speaks today.

## DWELLING

Read again. Is there a word or idea that stuck with you? Take a moment to talk to God about it and to rest in his presence.

## COLLECT

Blessed Lord, you have caused all holy scriptures to be written for our learning: grant us so to hear them, read, mark, learn, and inwardly digest them, that, encouraged and supported by your holy Word, we may embrace and always hold fast the joyful hope of everlasting life, which you have given us in our Saviour Jesus Christ. Amen.

## PRAY FOR OUR WORK AND OUR CITY

- For your work, workplace and colleagues. *Pray that we would work heartily as for the Lord and not for people; that God's name would be hallowed and that God's kingdom would come.*
- For the business sector and non-profits, that their work would further the common good, consider the vulnerable, promote generosity over greed, and open doors for the gospel. *Pray for a business, or a Christian leader in business, that you know.*
- For institutions of learning in our city: local schools, universities and TAFE colleges. *Pray for teachers/academics you know. Pray for Campus Bible Study at UNSW.*
- For charities serving those in need. *Pray for Anglicare.*

## PRAYER LIST (IDEA: FAMILY MEMBERS)

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Jan 15	Mt 1
Jan 22	Mt 7
Jan 29	Mt 13
Feb 5	Mt 19
Feb 12	Mt 25
Feb 19	1 Sam 3
Feb 26	1 Sam 9
Mar 4	1 Sam 15
Mar 11	1 Sam 21
Mar 18	1 Sam 27
Mar 25	2 Sam 2
Apr 1	2 Sam 8
Apr 8	2 Sam 14
Apr 15	2 Sam 20
Apr 22	Job 2
Apr 29	Job 8
May 6	Job 14
May 13	Job 20
May 20	Job 26
May 27	Job 32
Jun 3	Job 38
Jun 10	Song 1
Jun 17	Song 7
Jun 24	Gal 5
Jul 1	Jdgs 5
Jul 8	Jdgs 11
Jul 15	Jdgs 17
Jul 22	Rom 2
Jul 29	Rom 8
Aug 5	Rom 14
Aug 12	Jer 4
Aug 19	Jer 10
Aug 26	Jer 16
Sep 2	Jer 22
Sep 9	Jer 28
Sep 16	Jer 34
Sep 23	Jer 40
Sep 30	Jer 46
Oct 7	Jer 52
Oct 14	Lk 6
Oct 21	Lk 12
Oct 28	Lk 18
Nov 4	1 Kg 2
Nov 11	1 Kg 8
Nov 18	1 Kg 14
Nov 25	1 Kg 20
Dec 2	2 Kg 4
Dec 9	2 Kg 10
Dec 16	2 Kg 16
Dec 23	2 Kg 22
Dec 30	1 Peter 2

# Tuesday

## MORNING PRAYER PART TWO

Jan 16	Mt 2
Jan 23	Mt 8
Jan 30	Mt 14
Feb 6	Mt 20
Feb 13	Mt 26
Feb 20	1 Sam 4
Feb 27	1 Sam 10
Mar 5	1 Sam 16
Mar 12	1 Sam 22
Mar 19	1 Sam 28
Mar 26	2 Sam 3
Apr 2	2 Sam 9
Apr 9	2 Sam 15
Apr 16	2 Sam 21
Apr 23	Job 3
Apr 30	Job 9
May 7	Job 15
May 14	Job 21
May 21	Job 27
May 28	Job 33
Jun 4	Job 39
Jun 11	Song 2
Jun 18	Song 8
Jun 25	Gal 6
Jul 2	Jdgs 6
Jul 9	Jdgs 12
Jul 16	Jdgs 18
Jul 23	Rom 3
Jul 30	Rom 9
Aug 6	Rom 15
Aug 13	Jer 5
Aug 20	Jer 11
Aug 27	Jer 17
Sep 3	Jer 23
Sep 10	Jer 29
Sep 17	Jer 35
Sep 24	Jer 41
Oct 1	Jer 47
Oct 8	Lk 1
Oct 15	Lk 7
Oct 22	Lk 13
Oct 29	Lk 19
Nov 5	1 Kg 3
Nov 12	1 Kg 9
Nov 19	1 Kg 15
Nov 26	1 Kg 21
Dec 3	2 Kg 5
Dec 10	2 Kg 11
Dec 17	2 Kg 17
Dec 24	2 Kg 23
Dec 31	1 Peter 3

### SCRIPTURE READING

Read your passage for this Tuesday morning.  
Don't rush! This is *God's* Word!

### DWELLING

Slowly read the passage again, out loud. Reflect on what this passage tells you about God.

### COLLECT

Almighty Father, whose blessed Son before his passion prayed for his disciples that they might be one, as you and he are one: grant that your church, being bound together in love and obedience to you, may be united in one body by the one Spirit, that the world may believe in him whom you have sent, your Son Jesus Christ our Lord. Amen.

### PRAY FOR THE FLOURISHING OF THE CHURCH

Pray we 'may be built until we all reach unity in the faith and in the knowledge of the Son of God and become mature' (Eph 4).

- To grow deeper into our DNA: to know and live the *gospel* of Jesus, to love one another as a *community* of Jesus, and to live with *purpose* to show and share the love of Jesus.
- For our Community Groups: to grow in Christ *together*, to embody our rhythms, and encourage each other in mission. *Pray for your group, and for our leaders.*
- For *Kids Church, Clovelly Youth, Fresh, Splash*: that our kids and youth may know God's love with their head, heart, and hands. *Pray for some leaders or kids/youth you know.*

### PRAYER LIST (IDEA: YOUR COMMUNITY GROUP)

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### SCRIPTURE READING

Before you read your passage for this Wednesday morning, praise God for revealing himself to us through his Word.

### DWELLING

Read the passage again, perhaps out loud. Reflect and meditate on what has connected with your heart and mind. Pray to God about what has moved you today.

### COLLECT

You, Lord, have become my hope, my comfort, my strength, my all! In you does my soul rejoice. The darkness vanished from before my eyes, and I beheld you, the sun of righteousness. When I loved darkness, I knew you not, but wandered on from night to night. But you led me out of that blindness; you took me by the hand and called me to yourself, and now I can thank you, and your mighty voice which has penetrated to my inmost heart. Amen.

### PRAY FOR RENEWAL AND GROWTH IN GODLINESS

Pray that you would 'put off your old self ... be renewed in the spirit ... and put on the new self' in the likeness of God (Eph 4).

- For ongoing renewal, for the Spirit to reassure you of your identity in Christ, as a beloved child of God, saved by grace.
- For ongoing repentance and growth, that the Spirit would enable you to love what God commands and long for what God promises. *Confess areas of ongoing sin and idols. Pray for the Holy Spirit to convict and grow you in holiness.*
- For your heart to be fixed on Christ, the source of true joy; and that you would seek first his kingdom above the trappings of this world. *Pray that Christ would be first in your heart.*

### PRAYER LIST (IDEA: AREAS FOR GROWTH)

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Jan 17	Mt 3
Jan 24	Mt 9
Jan 31	Mt 15
Feb 7	Mt 21
Feb 14	Mt 27
Feb 21	1 Sam 5
Feb 28	1 Sam 11
Mar 6	1 Sam 17
Mar 13	1 Sam 23
Mar 20	1 Sam 29
Mar 27	2 Sam 4
Apr 3	2 Sam 10
Apr 10	2 Sam 16
Apr 17	2 Sam 22
Apr 24	Job 4
May 1	Job 10
May 8	Job 16
May 15	Job 22
May 22	Job 28
May 29	Job 34
Jun 5	Job 40
Jun 12	Song 3
Jun 19	Gal 1
Jun 26	Jdgs 1
Jul 3	Jdgs 7
Jul 10	Jdgs 13
Jul 17	Jdgs 19
Jul 24	Rom 4
Jul 31	Rom 10
Aug 7	Rom 16
Aug 14	Jer 6
Aug 21	Jer 12
Aug 28	Jer 18
Sep 4	Jer 24
Sep 11	Jer 30
Sep 18	Jer 36
Sep 25	Jer 42
Oct 2	Jer 48
Oct 9	Lk 2
Oct 16	Lk 8
Oct 23	Lk 14
Oct 30	Lk 20
Nov 6	1 Kg 4
Nov 13	1 Kg 10
Nov 20	1 Kg 16
Nov 27	1 Kg 22
Dec 4	2 Kg 6
Dec 11	2 Kg 12
Dec 18	2 Kg 18
Dec 25	2 Kg 24
Jan 1	1 Peter 4

# Thursday

## MORNING PRAYER PART TWO

Jan 18	Mt 4
Jan 25	Mt 10
Feb 1	Mt 15
Feb 8	Mt 22
Feb 15	Mt 28
Feb 22	1 Sam 6
Feb 29	1 Sam 12
Mar 7	1 Sam 18
Mar 14	1 Sam 24
Mar 21	1 Sam 30
Mar 28	2 Sam 5
Apr 4	2 Sam 11
Apr 11	2 Sam 17
Apr 18	2 Sam 23
Apr 25	Job 5
May 2	Job 11
May 9	Job 17
May 16	Job 23
May 23	Job 29
May 30	Job 35
Jun 6	Job 41
Jun 13	Song 4
Jun 20	Gal 2
Jun 27	Jdgs 2
Jul 4	Jdgs 8
Jul 11	Jdgs 14
Jul 18	Jdgs 20
Jul 25	Rom 5
Aug 1	Rom 11
Aug 8	Jer 1
Aug 15	Jer 7
Aug 22	Jer 13
Aug 29	Jer 19
Sep 5	Jer 25
Sep 12	Jer 31
Sep 19	Jer 37
Sep 26	Jer 43
Oct 3	Jer 49
Oct 10	Lk 3
Oct 17	Lk 9
Oct 24	Lk 15
Oct 31	Lk 21
Nov 7	1 Kg 5
Nov 14	1 Kg 11
Nov 21	1 Kg 17
Nov 28	2 Kg 1
Dec 5	2 Kg 7
Dec 12	2 Kg 13
Dec 19	2 Kg 19
Dec 26	2 Kg 25
Jan 2	1 Peter 5

### SCRIPTURE READING

God's word is the daily bread for our souls: 'read, mark and inwardly digest' the passage for this Thursday morning.

### DWELLING

Reflect upon what you find challenging or encouraging in this passage.

### COLLECT

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: grant that people everywhere may seek after you and find you, bring the nations into your fold, pour out your Spirit upon all flesh, and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

### PRAY FOR THE SPREADING OF THE GOSPEL

- That you will show and share the love of Christ with others. *Pray that your godly life will make people ask questions, and that you'll be ready to give an answer for the hope you have.*
- For the ministries of St Luke's that particularly engage and bless our wider community. *Pray for Clomama, for fresh ideas whilst we meet at St. Cath's, for SRE in schools as well as Splash, Fresh, and CY.*
- For our mission partners with CMS. *(Pray for one or two).  
Meredith (reaching Muslim women; North Africa)  
Nathan and Diane Lovell (bible college lecturer; South Africa)  
Simon and Jess Cowell (university ministry; Bari, Italy)  
Josh and Susannah Apieczzonek (uni ministry; Lyon, France)*

## SCRIPTURE READING

The words you're about to read are inspired and infallible. Now, read today's passage.

## DWELLING

Find a word or phrase that catches your eye. Why has this idea moved you? Pray through this idea with God.

## COLLECT

If you had not been my shield and defence, innumerable evils would have surrounded me and danger would have overcome me, that I could not have left my bed and risen in health—therefore it becomes me to praise my God. Early do I seek you, and in the morning shall my prayer ascend unto you, that you would this day preserve me and all mine, from the devices and power of the devil, from sin and shame, and from all evil. Amen.

## PRAY FOR JUSTICE AND PEACE

- For our local Councillors and staff, for our Premier and Prime Minister, and all who work with them.  
*Pray they will act justly, love mercy and walk humbly before God (Micah 6:8). Pray for some by name.*
- For those being persecuted for their faith.
- For countries afflicted by war, natural disasters, oppressive or corrupt governments; and especially for refugees.

## PRAYER LIST (IDEA: PEOPLE TO KNOW CHRIST)

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Jan 19	Mt 5
Jan 26	Mt 11
Feb 2	Mt 17
Feb 9	Mt 23
Feb 16	1 Sam 1
Feb 23	1 Sam 7
Mar 1	1 Sam 13
Mar 8	1 Sam 19
Mar 15	1 Sam 25
Mar 22	1 Sam 31
Mar 29	2 Sam 6
Apr 5	2 Sam 12
Apr 12	2 Sam 18
Apr 19	2 Sam 24
Apr 26	Job 6
May 3	Job 12
May 10	Job 18
May 17	Job 24
May 24	Job 30
May 31	Job 36
Jun 7	Job 42
Jun 14	Song 5
Jun 21	Gal 3
Jun 28	Jdgs 3
Jul 5	Jdgs 9
Jul 12	Jdgs 15
Jul 19	Jdgs 21
Jul 26	Rom 6
Aug 2	Rom 12
Aug 9	Jer 2
Aug 16	Jer 8
Aug 23	Jer 14
Aug 30	Jer 20
Sep 6	Jer 26
Sep 13	Jer 32
Sep 20	Jer 38
Sep 27	Jer 44
Oct 4	Jer 50
Oct 11	Lk 4
Oct 18	Lk 10
Oct 25	Lk 16
Nov 1	Lk 22
Nov 8	1 Kg 6
Nov 15	1 Kg 12
Nov 22	1 Kg 18
Nov 29	2 Kg 2
Dec 6	2 Kg 8
Dec 13	2 Kg 14
Dec 20	2 Kg 20
Dec 27	Jude
Jan 3	1 Peter 6

# Saturday

## MORNING PRAYER PART TWO

Jan 20	Mt 6
Jan 27	Mt 12
Feb 3	Mt 16
Feb 10	Mt 24
Feb 17	1 Sam 2
Feb 24	1 Sam 8
Mar 2	1 Sam 14
Mar 9	1 Sam 20
Mar 16	1 Sam 26
Mar 23	2 Sam 1
Mar 30	2 Sam 7
Apr 6	2 Sam 13
Apr 13	2 Sam 19
Apr 20	Job 1
Apr 27	Job 7
May 4	Job 13
May 11	Job 19
May 18	Job 25
May 25	Job 31
Jun 1	Job 37
Jun 8	3 Jn 1
Jun 15	Song 6
Jun 22	Gal 4
Jun 29	Jdgs 4
Jul 6	Jdgs 10
Jul 13	Jdgs 16
Jul 20	Rom 1
Jul 27	Rom 7
Aug 3	Rom 13
Aug 10	Jer 3
Aug 17	Jer 9
Aug 24	Jer 15
Aug 31	Jer 21
Sep 7	Jer 27
Sep 14	Jer 33
Sep 21	Jer 39
Sep 28	Jer 45
Oct 5	Jer 51
Oct 12	Lk 5
Oct 19	Lk 11
Oct 26	Lk 17
Nov 2	1 Kg 1
Nov 9	1 Kg 7
Nov 16	1 Kg 13
Nov 23	1 Kg 19
Nov 30	2 Kg 3
Dec 7	2 Kg 9
Dec 14	2 Kg 15
Dec 21	2 Kg 21
Dec 28	1 Peter 1
Jan 4	1 Peter 7

### SCRIPTURE READING

This is God's word, useful to teach, rebuke, correct and train you in righteousness. Take your time.

### DWELLING

Consider how this passage testifies to the person and work of Jesus.

### COLLECT

Almighty God, the giver of all good gifts, in your divine providence you have appointed various orders in your Church: give your grace, we humbly pray, to all who are called to any office and ministry for your people; and so fill them with the truth of your doctrine and clothe them with holiness of life, that they may faithfully serve before you, to the glory of your great Name and for the benefit of your holy Church; through Jesus Christ our Lord. Amen.

### PRAY FOR CHRIST TO LEAD OUR LEADERS

Pray that our leaders will “set an example ... in speech, in conduct, in love, in faith and in purity” (1 Tim 4:12):

- For our senior Staff Team (Dave, Mark, Fiona, Amani) to lead our church with wisdom, discernment, faithfulness, and grace.
- For our Community Group leaders, Ministry Team leaders and Kids Church / CY leaders.
- For our Parish Council, Wardens, and those continuing to oversee building plans.
- For Archbishop Kanishka Raffel and Bishop Michael Stead.
- For God to raise up future leaders in our own community.

### PRAYER LIST

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## EVENING PRAYER



# Every Evening

EVENING PRAYER PART ONE

## INVITATION

"Come to me, all who labor and are heavy laden,  
and I will give you rest." - *Matthew 11.28*

*Quiet*

As our evening prayer rises before you, O God,  
so may your mercy come down upon us to cleanse our hearts  
and set us free to sing your praise now and for ever.

## CONFESSION

Most merciful God, we confess that we have sinned against you in thought, word and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

## ASSURANCE IN THE CROSS

Almighty Father, in your great love you gave your dearly beloved Son to die for us: grant that through his cross our sins may be put away, and remembered no more against us, and that, cleansed by his blood, and mindful of his sufferings, we may take up our cross daily, and follow him in newness of life, until we come to his everlasting kingdom; through your Son Jesus Christ our Lord. Amen.

## REJOICE

Dwell upon the magnitude of salvation and the free gift of grace: the forgiveness of sins, the hope of everlasting life and the reconciliation of all things. Express your gratitude to the Father for the redemption offered to us in Christ and for the gift of his Holy Spirit.

TURN TO **PART TWO** OF THE CORRESPONDING DAY



## SCRIPTURE READING

As the sun has set, remember that God's "word is a lamp for my feet." - *Psalms 119.105*

## DWELLING

Read your passage again, out loud. Read it slowly. How has God's Word moved you? Reflect on what this passage tells you about God. Spend some time talking to God about what stood out to you.

## COLLECT

Be present, O merciful God and protect us through the silent hours of this night, so that we, who are wearied by the changes and chances of this fleeting world, may rest upon your eternal changelessness; through our blessed Lord Jesus, Amen.

## GIVE THANKS

"Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

*Philippians 4.8*

Take Paul's instruction to heart and reflect upon your day. Have you seen any prayer answered? A conflict resolved? The Spirit working? Sincere love in a friendship? Demonstrations of mercy? Anything worthy of praise?

Slow down, reflect, and take time to thank God for the good you've seen in your day.

Jan 15	Ex 1
Jan 22	Ex 7
Jan 29	Ex 13
Feb 5	Ex 19
Feb 12	Ex 25
Feb 19	Ex 31
Feb 26	Ex 37
Mar 4	Eph 3
Mar 11	1 Cor 3
Mar 18	1 Cor 9
Mar 25	1 Cor 15
Apr 1	2 Cor 5
Apr 8	2 Cor 11
Apr 15	Num 4
Apr 22	Num 10
Apr 29	Num 16
May 6	Num 22
May 13	Num 28
May 20	Num 34
May 27	Mk 4
Jun 3	Mk 10
Jun 10	Mk 16
Jun 17	1 Chro 6
Jun 24	1 Chro 12
Jul 1	1 Chro 18
Jul 8	1 Chro 24
Jul 15	2 Chro 1
Jul 22	2 Chro 7
Jul 29	2 Chro 13
Aug 5	2 Chro 19
Aug 12	2 Chro 25
Aug 19	2 Chro 31
Aug 26	1 Thess 1
Sep 2	2 Thess 2
Sep 9	Acts 5
Sep 16	Acts 11
Sep 23	Acts 17
Sep 30	Acts 23
Oct 7	Ezk 1
Oct 14	Ezk 7
Oct 21	Ezk 13
Oct 28	Ezk 19
Nov 4	Ezk 25
Nov 11	Ezk 31
Nov 18	Ezk 37
Nov 25	Ezk 43
Dec 2	Jm 1
Dec 9	Heb 2
Dec 16	Heb 8
Dec 23	Ecc 1
Dec 30	Ecc 7

# Tuesday

## EVENING PRAYER PART TWO

Jan 16	Ex 2
Jan 23	Ex 8
Jan 30	Ex 14
Feb 6	Ex 20
Feb 13	Ex 26
Feb 20	Ex 32
Feb 27	Ex 38
Mar 5	Eph 4
Mar 12	1 Cor 4
Mar 19	1 Cor 10
Mar 26	1 Cor 16
Apr 2	2 Cor 6
Apr 9	2 Cor 12
Apr 16	Num 5
Apr 23	Num 11
Apr 30	Num 17
May 7	Num 23
May 14	Num 29
May 21	Num 35
May 28	Mk 5
Jun 4	Mk 11
Jun 11	1 Chro 1
Jun 18	1 Chro 7
Jun 25	1 Chro 13
Jul 2	1 Chro 19
Jul 9	1 Chro 25
Jul 16	2 Chro 2
Jul 23	2 Chro 8
Jul 30	2 Chro 14
Aug 6	2 Chro 20
Aug 13	2 Chro 26
Aug 20	2 Chro 32
Aug 27	1 Thess 2
Sep 3	2 Thess 3
Sep 10	Acts 6
Sep 17	Acts 12
Sep 24	Acts 18
Oct 1	Acts 24
Oct 8	Ezk 2
Oct 15	Ezk 8
Oct 22	Ezk 14
Oct 29	Ezk 20
Nov 5	Ezk 26
Nov 12	Ezk 32
Nov 19	Ezk 38
Nov 26	Ezk 44
Dec 3	Jm 2
Dec 10	Heb 3
Dec 17	Heb 9
Dec 24	Ecc 2
Dec 31	Ecc 8

### SCRIPTURE READING

As the day has now past, find your peace in *God's Word*.

### DWELLING

Find a word or phrase that catches your eye. Why has this idea moved you? Slowly repeat it in your mind. Pray through this idea with God, talk to him about it. Enjoy the presence of your Saviour.

*Quiet*

### COLLECT

Almighty God, we confess that we have no power of ourselves to help ourselves: keep us outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord. Amen.

### GIVE THANKS

"Remember your leaders who taught you the word of God. Think of all the good that has come from their lives, and follow the example of their faith." - *Hebrews 13.7*

Thank God for our many leaders: Our archbishop and bishop, and our staff team; all who lead Community Groups, at Clovelly Youth and Kids Church, as Ministry Team Leaders, and on our Parish Council.

Thank God for leaders, past and present, who have personally invested in your life and made a lasting impact upon your growth in Christ.

## SCRIPTURE READING

Ask God to send his Spirit to bring his Word to life in your soul.

## DWELLING

Remind yourself that you are in God's presence. Read the passage again. Notice what is good about God in this passage. Is there a specific characteristic of God on display? Spend some time praising him for his goodness.

*Quiet*

## COLLECT

O Lord, you have supported us all the day long of this troublous life; now, as the shadows lengthen and the evening comes, grant us safe lodging. As the busy world is hushed, the fervour of life is over, and our work concludes, bring us a holy rest and peace at last; through Jesus Christ our Lord. Amen.

## GIVE THANKS

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." - *1 Thessalonians 5.16-18*

No matter how your day has gone – up or down, bad or great – God's desire is for us to be thankful. Even if we don't feel gratitude, we can still give thanks, which in turn may cultivate gratitude in our hearts.

What are five things you can thank God for today?

Jan 17	Ex 3
Jan 24	Ex 9
Jan 31	Ex 15
Feb 7	Ex 21
Feb 14	Ex 27
Feb 21	Ex 33
Feb 28	Ex 39
Mar 6	Eph 5
Mar 13	1 Cor 5
Mar 20	1 Cor 11
Mar 27	2 Cor 1
Apr 3	2 Cor 7
Apr 10	2 Cor 13
Apr 17	Num 6
Apr 24	Num 12
May 1	Num 18
May 8	Num 24
May 15	Num 30
May 22	Num 36
May 29	Mk 6
Jun 5	Mk 12
Jun 12	1 Chro 2
Jun 19	1 Chro 8
Jun 26	1 Chro 14
Jul 3	1 Chro 20
Jul 10	1 Chro 26
Jul 17	2 Chro 3
Jul 24	2 Chro 9
Jul 31	2 Chro 15
Aug 7	2 Chro 21
Aug 14	2 Chro 27
Aug 21	2 Chro
33	
Aug 28	1 Thess 3
Sep 4	Acts 1
Sep 11	Acts 7
Sep 18	Acts 13
Sep 25	Acts 19
Oct 2	Acts 25
Oct 9	Ezk 3
Oct 16	Ezk 9
Oct 23	Ezk 15
Oct 30	Ezk 21
Nov 6	Ezk 27
Nov 13	Ezk 33
Nov 20	Ezk 39
Nov 27	Ezk 45
Dec 4	Jm 3
Dec 11	Heb 4
Dec 18	Heb 10
Dec 25	Ecc 3
Jan 1	Ecc 9

# Thursday

## EVENING PRAYER PART TWO

Jan 18	Ex 4
Jan 25	Ex 10
Feb 1	Ex 16
Feb 8	Ex 22
Feb 15	Ex 28
Feb 22	Ex 34
Feb 29	Ex 40
Mar 7	Eph 6
Mar 14	1 Cor 6
Mar 21	1 Cor 12
Mar 28	2 Cor 2
Apr 4	2 Cor 8
Apr 11	Num 1
Apr 18	Num 7
Apr 25	Num 13
May 2	Num 19
May 9	Num 25
May 16	Num 31
May 23	Mk 1
May 30	Mk 7
Jun 6	Mk 13
Jun 13	1 Chro 3
Jun 20	1 Chro 9
Jun 27	1 Chro 15
Jul 4	1 Chro 21
Jul 11	1 Chro 27
Jul 18	2 Chro 4
Jul 25	2 Chro 10
Aug 1	2 Chro 16
Aug 8	2 Chro 22
Aug 15	2 Chro 28
Aug 22	2 Chro 34
Aug 29	1 Thess 4
Sep 5	Acts 2
Sep 12	Acts 8
Sep 19	Acts 14
Sep 26	Acts 20
Oct 3	Acts 26
Oct 10	Ezk 4
Oct 17	Ezk 10
Oct 24	Ezk 16
Oct 31	Ezk 22
Nov 7	Ezk 28
Nov 14	Ezk 34
Nov 21	Ezk 40
Nov 28	Ezk 46
Dec 5	Jm 4
Dec 12	Heb 5
Dec 19	Heb 11
Dec 26	Ecc 4
Jan 2	Ecc 10

## SCRIPTURE READING

Ask God to change you with his Word.

## DWELLING

Read your passage again, perhaps out loud. How has God's Word moved you? Reflect and meditate on what has connected with your heart and mind. Pray to God about what has moved you today.

*Quiet*

## COLLECT

O God, you are life, wisdom, truth, bounty, and blessedness, the eternal, the only true good; our God and our Lord, you are our hope and our heart's joy we acknowledge with thanksgiving that you have made us in your image, and that we may direct our thoughts to you. Lord, make us know you aright, that we may love, enjoy, and possess you more and more; through Jesus Christ our Lord. Amen.

## GIVE THANKS

"It is good to give thanks to the Lord ... O Lord, what great works you do!" - *Psalms 91.1-5*

Thank God for the organisations we partner with as a church: for the Church Missionary Society (CMS) and our four mission partners, Campus Bible Study at UNSW, Anglicare in caring for the poor and needy.

Thank God for organisations you partner with personally.

**SCRIPTURE READING**

Read the passage. Don't rush! This is *God's Word!*

**DWELLING**

Is there a word or idea that stuck with you? Is there something about this word or idea that you'd like to ask God about? Take a moment to rest in God's presence.

*Quiet*

**COLLECT (JOHN CALVIN)**

Lord God, now grant me the grace not only to rest my body this night, but to have my spiritual rest, in soul and conscience, in your grace and love, that I may let go of all earthly cares so I might be comforted and eased in all ways. And because no day passes that I don't sin in so many ways, please bury all my offenses in your mercy, that I might not lose your presence. Forgive me, merciful Father, for Christ's sake. And as I lay down to sleep to safely awake again only by your grace, keep me in a joyful, lively remembrance that whatever happens, I will someday know my final rising – the resurrection – because Jesus Christ lay down in death for me, and rose for my justification. In His name I pray, Amen.

**GIVE THANKS**

"You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!" - *Psalms 30.11-12*

Thankfulness doesn't always come easily, especially if we're in a season of grief or mourning. Spend time reflecting on areas of hopelessness, struggle, hurt or frustration in your life. Ask God to grant you a willing and thankful spirit.

Jan 19	Ex 5
Jan 26	Ex 11
Feb 2	Ex 17
Feb 9	Ex 23
Feb 16	Ex 29
Feb 23	Ex 35
Mar 1	Eph 1
Mar 8	1 Cor 1
Mar 15	1 Cor 7
Mar 22	1 Cor 13
Mar 29	2 Cor 3
Apr 5	2 Cor 9
Apr 12	Num 2
Apr 19	Num 8
Apr 26	Num 14
May 3	Num 20
May 10	Num 26
May 17	Num 32
May 24	Mk 2
May 31	Mk 8
Jun 7	Mk 14
Jun 14	1 Chro 4
Jun 21	1 Chro 10
Jun 28	1 Chro 16
Jul 5	1 Chro 22
Jul 12	1 Chro 28
Jul 19	2 Chro 5
Jul 26	2 Chro 11
Aug 2	2 Chro 17
Aug 9	2 Chro 23
Aug 16	2 Chro 29
Aug 23	2 Chro 35
Aug 30	1 Thess 5
Sep 6	Acts 3
Sep 13	Acts 9
Sep 20	Acts 15
Sep 27	Acts 21
Oct 4	Acts 27
Oct 11	Ezk 5
Oct 18	Ezk 11
Oct 25	Ezk 17
Nov 1	Ezk 23
Nov 8	Ezk 29
Nov 15	Ezk 35
Nov 22	Ezk 41
Nov 29	Ezk 47
Dec 6	Jm 5
Dec 13	Heb 6
Dec 20	Heb 12
Dec 27	Ecc 5
Jan 3	Ecc 11

# Saturday

## EVENING PRAYER PART TWO

Jan 20	Ex 6
Jan 27	Ex 12
Feb 3	Ex 18
Feb 10	Ex 24
Feb 17	Ex 30
Feb 24	Ex 36
Mar 2	Eph 2
Mar 9	1 Cor 2
Mar 16	1 Cor 8
Mar 23	1 Cor 14
Mar 30	2 Cor 4
Apr 6	2 Cor 10
Apr 13	Num 3
Apr 20	Num 9
Apr 27	Num 15
May 4	Num 21
May 11	Num 27
May 18	Num 33
May 25	Mk 3
Jun 1	Mk 9
Jun 8	Mk 15
Jun 15	1 Chro 5
Jun 22	1 Chro 11
Jun 29	1 Chro 17
Jul 6	1 Chro 23
Jul 13	1 Chro 29
Jul 20	2 Chro 6
Jul 27	2 Chro 12
Aug 3	2 Chro 18
Aug 10	2 Chro 24
Aug 17	2 Chro 30
Aug 24	2 Chro 36
Aug 31	2 Thess 1
Sep 7	Acts 4
Sep 14	Acts 10
Sep 21	Acts 16
Sep 28	Acts 22
Oct 5	Acts 28
Oct 12	Ezk 6
Oct 19	Ezk 12
Oct 26	Ezk 18
Nov 2	Ezk 24
Nov 9	Ezk 30
Nov 16	Ezk 36
Nov 23	Ezk 42
Nov 30	Exk 48
Dec 7	Heb 1
Dec 14	Heb 7
Dec 21	Heb 13
Dec 28	Ecc 6
Jan 4	Ecc 12

### SCRIPTURE READING

Read, and let the Word of God refresh your mind.

### DWELLING

Reflect on what this passage tells you about God. Spend some time talking to God about what stood out to you.

*Quiet*

### COLLECT

Almighty God, grant that we, who justly deserve to be punished for our sinful deeds, may in your mercy and kindness be pardoned and restored; through our Lord and Saviour Jesus Christ. Amen.

### GIVE THANKS

"Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story."

*- Psalm 107.1-2*

The past is an opportunity for thankfulness as much as the present. Sometimes we need to step back and look at the big picture.

Take time to recall your life story and thank God for the times he has shown you his goodness, redeemed you, and demonstrated his steadfast love. Similarly, thank God for what he is doing in the stories of those around you.

## SCRIPTURE READING

People struggle to read Scripture, let alone to make it through the entire Bible year after year. In light of this, we've tried to create a reading plan that is attainable: one chapter in the morning, and one chapter in the evening, over six days each week (with Sundays set aside for corporate prayer and reading of Scripture). The morning and evening each have a separate plan, rotating between Old Testament and New Testament books in their entirety because it's important to comprehend a book's narrative and purpose. Because of these two aims, it is not possible to cover every book of the Bible in a single year.

We selected the broadest range of genres which cover the overarching story of Scripture. The Psalms are included in the guide as a tool for prayer. Below is the list of books that have been omitted. We encourage you to periodically set aside time throughout the year to read them as well. Many can be read in a single sitting, while some may require more time. You could also read one extra chapter a day, to cover what's below.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Genesis       | <input type="checkbox"/> Leviticus       | <input type="checkbox"/> Deuteronomy        |
| <input type="checkbox"/> Joshua        | <input type="checkbox"/> Ruth            | <input type="checkbox"/> Nehemiah           |
| <input type="checkbox"/> Esther        | <input type="checkbox"/> Ezra            | <input type="checkbox"/> Proverbs           |
| <input type="checkbox"/> Isaiah        | <input type="checkbox"/> Lamentations    | <input type="checkbox"/> Daniel & Hosea     |
| <input type="checkbox"/> Joel & Amos   | <input type="checkbox"/> Obadiah & Jonah | <input type="checkbox"/> Micah & Nahum      |
| <input type="checkbox"/> Habakkuk      | <input type="checkbox"/> Zephaniah       | <input type="checkbox"/> Haggai & Zechariah |
| <input type="checkbox"/> Malachi       | <input type="checkbox"/> Philippians     | <input type="checkbox"/> Colossians         |
| <input type="checkbox"/> 1 & 2 Timothy | <input type="checkbox"/> Titus           | <input type="checkbox"/> Philemon           |
| <input type="checkbox"/> 2 Peter       | <input type="checkbox"/> 1 & 2 John      | <input type="checkbox"/> Revelation         |



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