

PRAYERS AND PROCLAMATIONS

MORNING

PSALM 34:1–3 (NIV®)

¹ I will extol the Lord at all times; his praise will always be on my lips.

² My soul will boast in the Lord; let the afflicted hear and rejoice.

³ Glorify the Lord with me; let us exalt his name together.

PSALM 62:5–8 (NIV®)

⁵ Find rest, O my soul, in God alone; my hope comes from him.

⁶ He alone is my rock and my salvation; he is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God; he is my mighty rock, my refuge.

⁸ Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.

PSALM 30:1–5 (NIV®)

¹ I will exalt you, O Lord, for you lifted me out of the depths and did not let my enemies gloat over me.

² O Lord my God, I called to you for help and you healed me.

³ O Lord, you brought me up from the grave; you spared me from going down into the pit.

⁴ Sing to the Lord, you saints of his; praise his holy name.

⁵ For his anger lasts only a moment, but his favor lasts a lifetime;

weeping may remain for a night, but rejoicing comes in the morning.

MID-DAY

PSALM 103:1–11 (NIV®)

¹ Praise the Lord, O my soul; all my inmost being, praise his holy name.

² Praise the Lord, O my soul, and forget not all his benefits—

³ who forgives all your sins and heals all your diseases,

⁴ who redeems your life from the pit and crowns you with love and compassion,

⁵ who satisfies your desires with good things so that your youth is renewed like the eagle's.

⁶ The Lord works righteousness and justice for all the oppressed.

⁷ He made known his ways to Moses, his deeds to the people of Israel:

⁸ The Lord is compassionate and gracious, slow to anger, abounding in love.

⁹ He will not always accuse, nor will he harbor his anger forever;

¹⁰ he does not treat us as our sins deserve or repay us according to our iniquities.

¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him.

PSALM 34:11–22 (NIV®)

¹¹ Come, my children, listen to me; I will teach you the fear of the Lord.

¹² Whoever of you loves life and desires to see many good days,

¹³ keep your tongue from evil and your lips from speaking lies.

¹⁴ Turn from evil and do good; seek peace and pursue it.

¹⁵ The eyes of the Lord are on the righteous and his ears are attentive to their cry;

¹⁶ the face of the Lord is against those who do evil, to cut off the memory of them from the earth.

¹⁷ The righteous cry out, and the Lord hears them; he delivers them from all their troubles.

¹⁸ The Lord is close to the brokenhearted and saves those who are crushed in spirit.

¹⁹ A righteous man may have many troubles, but the Lord delivers him from them all;

²⁰ he protects all his bones, not one of them will be broken.

²¹ Evil will slay the wicked; the foes of the righteous will be condemned.

²² The Lord redeems his servants; no one will be condemned who takes refuge in him.

EVENING

PSALM 35:1–10 (NIV®)

¹ Contend, O Lord, with those who contend with me;
fight against those who fight against me.

² Take up shield and buckler; arise and come to my aid.

³ Brandish spear and javelin against those who pursue me.
Say to my soul, “I am your salvation.”

⁴ May those who seek my life be disgraced and put to shame;
may those who plot my ruin be turned back in dismay.

⁵ May they be like chaff before the wind, with the angel of the Lord driving them away;

⁶ may their path be dark and slippery, with the angel of the Lord pursuing them.

⁷ Since they hid their net for me without cause and without cause dug a pit for me,

⁸ may ruin overtake them by surprise—may the net they hid entangle them,
may they fall into the pit, to their ruin.

⁹ Then my soul will rejoice in the Lord and delight in his salvation.

¹⁰ My whole being will exclaim, “Who is like you, O Lord?

You rescue the poor from those too strong for them,
the poor and needy from those who rob them.”

PHILIPPIANS 4:6–8 (NIV®)

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

PRAYER

Heavenly Father,

Today, we turn our faces to You. You are a faithful God. A God of great compassion and mercy. You have delivered us from the kingdom of darkness and brought us into the Kingdom of Your Son. Now look upon Your people and respond once again with compassion. May Your great strength and power be evident in our lives. May those who oppose You see Your response and be changed. You are worthy of all praise, glory, and honor both now and forever, amen.



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