



**Prayer Readings, Revised Common Lectionary
(Year B)**

January 2024

Tues. Jan. 9, 2024
Awakening Hour

Thur. Jan. 11, 2024
Centering Prayer

Psalm 139:1-6, 13-18
O LORD, you have searched me and known me.
You know when I sit down and when I rise up; you discern my thoughts from far away.
You search out my path and my lying down, and are acquainted with all my ways.
Even before a word is on my tongue, O LORD, you know it completely.
You hem me in, behind and before, and lay your hand upon me.
Such knowledge is too wonderful for me; it is so high that I cannot attain it. -NRSV

For it was you who formed my inward parts; you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.
My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.
Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.
How weighty to me are your thoughts, O God! How vast is the sum of them!
I try to count them -- they are more than the sand; I come to the end -- I am still with you. -NRSV

Psalm 139:1-6, 13-18
O my Beloved, You have searched me and known me!
You know when I sit down and when I rise up'
You discern my innermost thoughts.
You find me on the journey and guide my steps;
You know my strengths and my weaknesses.
Even before words rise up in prayer,
Lo, You have already heard my heart call.
You encompass me with love where'er I go,
and your strength is my shield.
Such sensitivity is too wonderful for me;
it is high; boundless gratitude is my soul's response.
-Psalms for Praying, Nan C. Merrill

Wed. Jan. 10, 2024
Lectio Divina

John 1: 43-51
The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me."
Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth."
Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see."
When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!" Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you." Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these." And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."

<p>Tues. Jan. 16, 2024 Morning Prayer</p> <p>Thur. Jan. 18, 2024 Centering Prayer</p>	<p>Psalm 62:5-9 For God alone my soul waits in silence, for my hope is from God. God alone is my rock and my salvation, my fortress; I shall not be shaken. On God rests my deliverance and my honor; my mighty rock, my refuge is in God. Trust in God at all times, O people; pour out your heart before God; God is a refuge for us. -NRSV</p> <p>Pslam 62:5-12 I wait quietly for God's touch in my heart. In that is my strength and my salvation. Remembering that touch, I am free. The day's events do not shake me. I am often besieged, from within and without by forces that would topple me— Doubts, difficulties, enemies, depressions... I wait quietly for God's touch in my heart— In that touch I know my strength and my salvation... -Christine Robinson, Psalms for a New World</p>	<p>Psalm 62:5-12 For You alone my soul waits in silence; my hope is from the Beloved. Enfolding me with strength and steadfast love, my faith shall remain firm. In the Silence rests my freedom and my guidance; for You are the Heart of my heart, You speak to me in the Silence. Trust in Love at all times, O people pour out your heart to the Beloved; Let Silence be a refuge for you. -Psalms for Praying, Nan Merrill</p>
<p>Wed. Jan. 17, 2024 Lectio Divina</p>	<p>Mark 1:14-20 Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news." As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea--for they were fishermen. And Jesus said to them, "Follow me and I will make you fish for people." And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.</p>	
<p>Tues. Jan. 23, 2024 Morning Prayer</p> <p>Thur. Jan. 25, 2024 Centering Prayer</p>	<p>Psalm 111 Praise the Beloved, O my soul! I will give thanks to You with my whole heart, to all who will listen, I will tell of your goodness. Wondrous is Creation, Great Builder; I take pleasure in pondering your Work. Full of honour and integrity are your teachings; those who follow them will find new life. You lift the hearts of those who suffer;</p>	

	<p>You come to them in their need. Your steadfast Love is food for the soul, nourishment in times of fear. You are ever-mindful of your covenant, a very Presence to the weary and afflicted. Your Voice is truth to those with ears to hear, your precepts are sure; Written on the hearts of your people, they are to be lived forever with faith-filled love and assurance. You bring new life to the world; Yes! life in abundance is your gift to us. Holy and glorious is your Name! Reverence for You, O Holy One, is the beginning of wisdom; a good understanding have all who practice it. Your Spirit endures forever! Your Spirit endures for ever! -Psalms for Praying, Nan C. Merrill</p>	
<p>Wed. Jan. 24, 2024 Lectio Divina</p>	<p>Mark 1:21-28 They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching--with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee. -NRSV</p>	
<p>Tues. Jan. 30, 2024 Thurs. Feb. 1, 2024</p>	<p>Pslam 147:1-11, 20 It is good to sing praises to you, Mother of all creation. And to recognize the touch of your love. You bring us home, help us heal, You love your creation You call every one of your stars by name. You bless the young, the poor, the ill You wait forever for the lost to turn to you. Your love is music to our hearts, and we sing. You are in the clouds that darken the sky You send the rain which gives us life.</p>	<p>Psalms 147:1-11, 20c Praise the Beloved, Heart of all hearts! We are blessed as we sing praises to the Beloved; For as we give ourselves to love, so we receive Love. The Beloved abides in our heart, in every open heart that welcomes Love. Through Love we are sent to the brokenhearted, a mutual balm to the soul. We seek out the downtrodden, those without shelter or food, recognizing our own poverty with them. Sing to the Beloved with thanksgiving;</p>

	<p>The cycles of the seasons and the growth of the plants are your delight. You provide food for the wild animals even the young ravens when they cry. You love the horse's proud strength and the athlete's prowess. You crave our love and attention. And so we pray. We give thanks for life, for children, for the beauty of the snow that lies soft in the morning. We give thanks for the storm, the hail, scattered like popcorn on the grass. We are in awe of your power. When the seasons turn, the growing warmth reminds us of your warmth The flowing waters remind us of the life which comes from you. Thank you, Mother of us all, help us to keep your love in our hearts and to love your creation. -Christine Robinson, Psalms for a New World</p>	<p>mingle with the melodies of the spheres! Awaken to your inheritance in all the universe! For you belong to heaven, to the stars and galaxies. You come also from the earth, from mineral and plant, pure water courses through your veins. Every creature – those that swim and fly and walk on land – knows you as of old. And each human – in body or in spirit – welcomes you in the heart-song of Love, where we know we are all One Being. -Psalms for Praying, Nan C. Merrill</p> <p>Psalm 147:1-5 Praise the LORD! How good it is to sing praises to our God; for God is gracious, and a song of praise is fitting. God gathers the outcasts of Israel. heals the brokenhearted, and binds up their wounds. Determines the number of the stars and gives to all of them their names. Great is our God, and abundant in power; God's understanding is beyond measure. Sing to God with thanksgiving! -NRSV</p>
<p>Wed. Jan. 31, 2024 Lectio Divina</p>	<p>Mark 1:29-39 As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.</p>	<p>Isaiah 40:21-31 40:21 Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth?</p> <p>40:22 It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in;</p> <p>40:23 who brings princes to naught, and makes the rulers of the earth as nothing.</p> <p>40:24 Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when</p>

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.
And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you."
He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do."
And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

he blows upon them, and they wither, and the tempest carries them off like stubble.

40:25 To whom then will you compare me, or who is my equal? says the Holy One.

40:26 Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

40:27 Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"?

40:28 Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable.

40:29 He gives power to the faint, and strengthens the powerless.

40:30 Even youths will faint and be weary, and the young will fall exhausted;

40:31 but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.