abide 2026

JANUARY 11TH - 16TH

a·bide

/əˈbīd/VERB

1. To stay; to continue in a place; to have one's abode; to dwell; to sojourn; with before a person, and commonly with at or in before a place.

Why Abide?

But now more than ever the word about Jesus spread abroad; many crowds would gather to hear him and to be cured of their diseases. But he would withdraw to deserted places and pray.

Luke 5:15-16

Jesus lived His life in rhythm: crowds then solitude, preaching then prayer, and healing then rest. He was well acquainted with the deserted places in and around Galilee. He would often return to the desert, the place of his forty-day fast, to reconnect with the Father, to listen, and to be filled with the presence of God.

Why would the Incarnate God spend such a large portion of his three years of active ministry 'taking a break'? Wouldn't he want to do all he could during those 36 months? Wouldn't he want to preach as many sermons, heal as many lepers, and perform as many signs as he could? He did, but the man who had such a short time to bless this world also knew that his productivity for the Kingdom was directly proportional to his connectivity to the King.

If Incarnate God needed to abide in the midst of three years of ministry it would follow that his disciples, those who are with Jesus, learn from Jesus how to live like him and would need seasons of abiding in the midst of their ministries as well.

This is our week (corporately and individually) to rest, to listen, to be filled, and to cease productivity and kingdom-building. We will find our deserted places - places of solitude and silence where we learn to surrender and listen to the Father in deeper ways. And we will return ready to bear much fruit, learning once again that apart from Jesus we can do nothing. <u>There is much work to be done, but first, we must abide.</u>

WE NO
LONGER ABIDE
IN A PLACE.
WE NOW ABIDE
IN A PERSON.

Reading Plan

This week we encourage you to download the Bible app from YouVersion and search Bible reading plans, Select a reading plan that will help you focus on spending time in the Word of God this week.

Fasting

On Wednesday, January 14th, we encourage a corporate day of fasting as a church. Would you please consider practicing this spiritual discipline individually as we seek the Lord together as a church family?

For those who may be less familiar with it, what is fasting? Fasting, by definition, is going without food and/or drink for a period of time. Typically, it is done for religious or health reasons and involves a person refraining from both food and drink (Esther 4:16), although there are variations that may be done (a juice fast, for example, where one would refrain from eating and only drink juice for a period of time). The Christian practice of fasting is mentioned numerous times in the Bible as a reaction to various circumstances. Fasting was an act of repentance, as when the king of Ninevah ordered a fast after the preaching of Jonah (Jonah 3:5-9). Fasting was also a reaction to intense grief, as when the bones of Saul and his sons were buried (1 Samuel 31:13). We also find people fasting when God's deliverance or guidance was needed, as when Jehoshaphat was approached by a large invading army (2 Chronicles 20:3). The primary goal of fasting is to remove something from our daily or normal routine to make room for hearing from the Holy Spirit and cause us to replace our need for that "thing" with dependence on God. It may be food or it could be something else that we "fast", such as TV, electronic devices, coffee, or any number of other things that demand our attention and time daily. It is a spiritual discipline that we hope you will practice with us this week.

Weekly Rhythm

We will meet in the evenings on Sunday (1/11), Wednesday (1/14), and Friday (1/16) at 6:30 pm for Evensong. This is a time for an organic/traditional service which includes worship, scripture reading, silence, communion, and a time of prayer.

Selected mornings during this we will meet at 6 AM for 45 minutes (Monday: 1/12, Tuesday: 1/13, Thursday: 1/15) to encourage you to start your day with prayer and Scripture.

Childcare is provided for children from newborn through 5th grade for evening services only.

branch

/ˈbrɑnt/NOUN

1. a natural subdivision of a plant stem

Candle Lighting

The Church of the Holy Sepulcher is the place where Christ was said to be buried and a candle is continually lit to represent the presence of God. When the worship begins, the candle is brought out and placed in the middle of the church as a sign that Christ is alive and is the light of the world.

Phos Hilaron

Φῶς ἱλαρὸν ἁγίας δόξης ἀθανάτου Πατρός, οὐρανίου, ἁγίου, μάκαρος, Ἰησοῦ Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν, ἰδόντες φῶς ἑσπερινόν, ὑμνοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον Πνεῦμα, Θεόν. Ἄξιόν σε ἐν πᾶσι καιροῖς ὑμνεῖσθαι φωναῖς αἰσίαις, Υἱὲ Θεοῦ, ζωὴν ὁ διδούς· διὸ ὁ κόσμος σὲ δοξάζει.

Translation

O Light gladsome of the holy glory of
the Immortal Father, the Heavenly,
the Holy, the Blessed, O Jesus Christ,
having come upon the setting of the sun,
having seen the light of the evening,
we praise the Father, the Son, and the
Holy Spirit: God.Worthy it is all
times to praise Thee in joyful voices,
O Son of God, Giver of LIfe, for which
the world glorifies Thee

Heidelberg Catechism

First published in 1563, the Heidelberg Catechism has been used by Christians around the world ever since The Catechism has been appreciated by young and old alike as one of the most clear, helpful, and comforting guides into all the spiritual treasures of the holy gospel.

The Heidelberg Catechism helps you discover just how powerful the gospel really is and "how wide and long and high and deep is the love of Christ" (Eph 3:18). The questions and answers are organized into 52 Lord's Days, one of each Sunday of the year. The first question and answer is a summary of the whole catechism.

Q: What is your only comfort in life and in death?

A: That I am not my own, but belong—body and soul, in life and death to my faithful Savior, Jesus Christ. He has fully paid for all my sins with his precious blood and has set me free from the tyranny of the devil.

He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation.

Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him.

Apostles Creed

The Apostles Creed is the oldest creed and lies at the basis of most others. Though not, as the long-current legend of its origin affirmed, the direct work of the Apostles, it has its roots in apostolic times and embodies, with much fidelity, apostolic teaching.

Christianity did not begin when we were born. Nor did our generation invent Christian thought...Today's Christianity is directly affected by what earlier Christians chose to do and to believe

– Justin Holcomb, Know the Creeds and Councils

Apostles Creed

I believe in God, the Father almighty,
Creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
He descended to hell.
The third day, He rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there, He will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

That is the true Christian church of all times and all places

Lectio/Visio Divina

"Lectio Divina," Latin for "sacred reading," is an ancient practice of quiet prayer and reflection, scripture reading, and listening to the voice of God dating back to about 300 AD. It is a Christian tradition of prayer that flows out of a Hebrew method of studying the Scriptures which was called *haggadah*. *Haggadah* was an interactive interpretation of the Scriptures utilizing the free use of the text to explore its inner meaning. It was part of the devotional practice of the Jews in the days of Jesus.

Visio Devina, "sacred seeing," is an ancient form of prayer that continues to be a powerful method of meditation. Art becomes the sacrament that opens our hearts to the indwelling Spirit of God. The visible makes the invisible present palpably. Think of Visio Divina like this-putting on God's glasses to see how an image illuminates Christ for you. On this, we'll offer images with which to pray.

This year, we will combine Visio and Lectio Divina during Abide to engage with the Word of God. Here are the different movements we will use each night as we allow the Lord to speak to us.

Movements

1. Rest and listen in God's Word
2. Read the scripture passage. Meditate on the Word.
    a. What got your attention?
    b. What questions do you have?
    c. What do you learn about Jesus? About yourself?
3. Look at a depiction of the scripture passage. What is your takeaway from this passage?
4. Discuss observations together.

Lectio (read)

Listen for a specific word or phrase that catches your attention (underline or write the word down) and ask: Why is it important? How does it make me feel?

Write notes below:

Contemplatio (Live)

What is one thing that God wants you to do as a result of what he showed you?

A Puritan Prayer

Lord, high and holy, meek and lowly,
Thou hast brought me to the valley of vision,
where I live in the depths but see Thee in the heights;
hemmed in by mountains of sin I behold Thy glory.

Let me learn by paradox that the way down is the way up,
that to be low is to be high,
that the broken heart is the healed heart,
that the contrite spirit is the rejoicing spirit,

that the repenting soul is the victorious soul,
that to have nothing is to possess all,
that to bear the cross is to wear the crown,
that to give is to receive,
that the valley is the place of vision.
Lord, in the daytime stars, can be seen from the deepest wells,
and the deeper the wells the brighter Thy stars shine;
let me find Thy light in my darkness,
Thy life in my death,
Thy joy in my sorrow,
Thy grace in my sin,
Thy riches in my poverty,
Thy glory in my valley.

The Valley of Vision
Taken from The Valley of Vision:
A Collection of Puritan Prayers & Devotions

Personal Inventory Questions

During our times of silence, use these questions to ask God what area(s) of your life He wants to speak to you about. These times of silence are designed not so much for you to talk to God, but to allow space for His Spirit to speak to and minister to you.

UP: How you relate to God

1. Do I make enough space for prayer?
2. Do I pursue intimacy with Jesus?
3. What is on my heart for intercession?
4. Am I living in the power of the Spirit?
5. Am I seeing a personal revival?
6. Do I still feel pleasure?
7. Am I living in a state of peace?
8. Am I afraid or nervous?
9. Am I obedient to God's prompting?

IN: How do you relate to others – in particular, other believers

1. Do I love the church?
2. Is time a blessing or a curse?
3. Am I resting enough?
4. How are my relationships with my friends?
5. Am I experiencing intimacy in relationships?
6. Do I keep my promises?
7. How easy is it for me to trust others?
8. Am I disciplining others?
9. Is my family happy?
10. Am I sleeping and eating well?
11. Am I making myself vulnerable to others?

OUT: The direction for your life and how you relate to non-believers

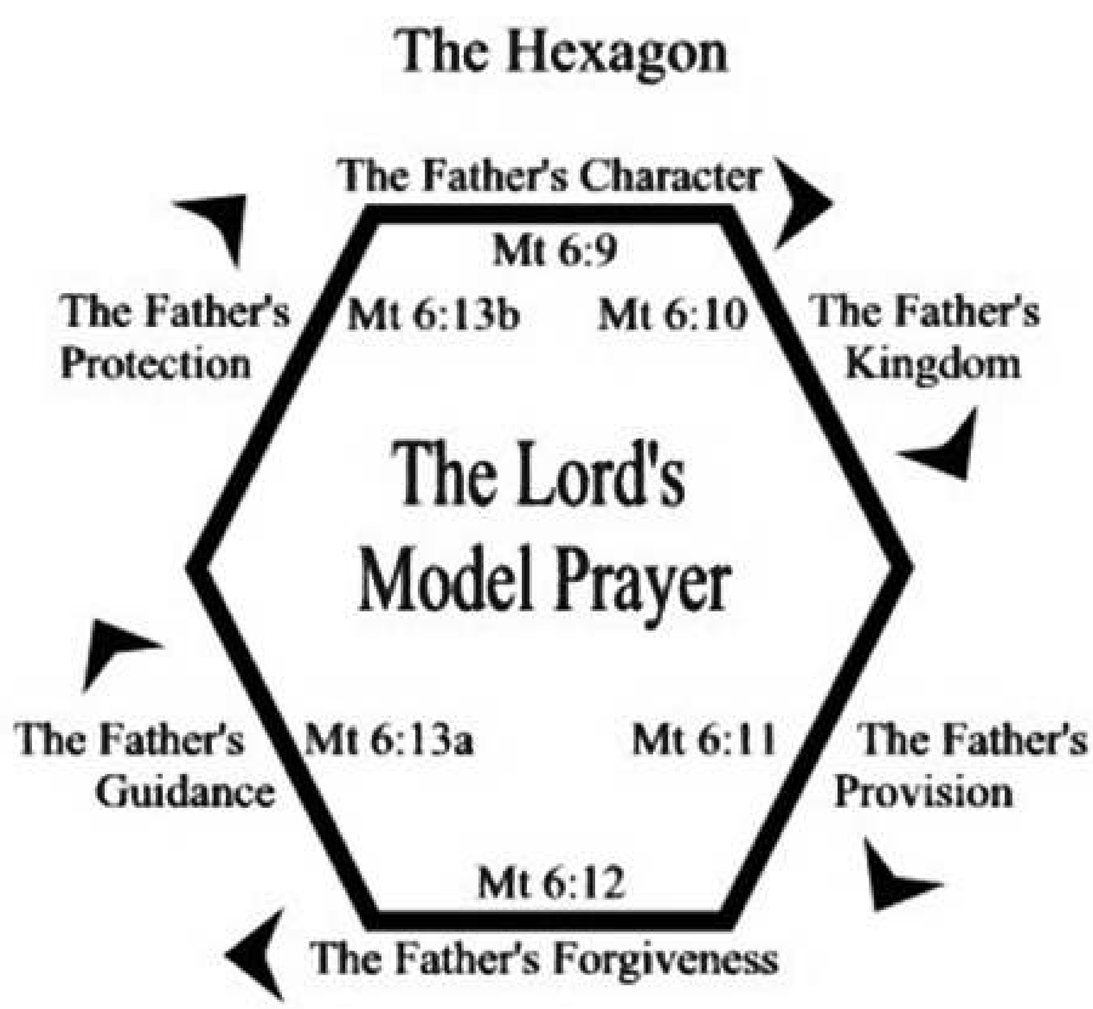
1. Do I have a heart for the lost?
2. How often do I share my faith?
3. Do I leave time for relationships with non-Christians?
4. Am I running a race with perseverance?
5. Do I have a vision for my life?
6. Am I dying to succeed?
7. Am I proud or ashamed of the Gospel?
8. Am I a servant?
9. Am I willing to take risks?

Prayer

Prayer is vital to knowing how to hear from God, really recognize his voice, and obey. That is what Jesus tells us to do in *Mark 1:15*. Jesus didn't lay out how to preach or evangelize, but when the disciples asked *how* to pray, he said very clearly "Here's how." Praying this way reminds us to communicate with God as Jesus did it reminds us of God's true character and our relationship with him and equips us with our day-to-day comings and goings with Kingdom eyes and perspective. Jesus helps the disciples understand the character of God and the way to approach him in what we call the Lord's Prayer. Each day this week, we will focus on a portion of the Lord's Prayer and pray through the prayer that Jesus taught us:

> 9 "This, then, is how you should pray:
> "'Our Father in heaven, hallowed be your name, 10 your kingdom
> come, your will be done, on earth as it is in heaven. 11 Give us today our
> daily bread. 12 And forgive us our debts, as we also have forgiven our
> debtors. 13 And lead us not into temptation, but deliver us from the evil
> one.'
>
> *Matthew 6:9-13 (NIV)*

Jesus' example can be deconstructed into six elements that we will pray through during this Abide Week.



hor • ti • cul • ture

/ˈhôrdəˌkəlCHər/NOUN

1. the science and art of growing fruits, vegetables, flowers, or ornamental plants

Evensong - Sunday, January 11th

God is Jehovah, meaning the self-existent. The name of the independent, self-complete being - "I AM WHO I AM" belongs only to Jehovah God. Our proper response to Him is to fall down in fear and awe of the One who possesses all authority.

- Exodus 3:13-15

King of Kings

1 In the darkness we were waiting
Without hope, without light
Till from heaven, you came running
There was mercy in your eyes
To fulfill the law and prophets
to a virgin came the Word
from a throne of endless glory
To a cradle in the dirt

(Refrain)
Praise the Father, praise the Son
Praise the Spirit
Three in One
God of glory, majesty
Praise forever to the King of Kings

2 To reveal the kingdom coming
And to reconcile the lost
To redeem the whole creation
You did not despise the cross
For even in your suffering
You saw to the other side
Knowing this was our salvation
Jesus for our sake you died

3 And the morning that you rose
All of heaven held its breath
Till that stone was moved for good
For the Lamb had conquered death
And the dead rose from their tombs
And the angels stood in awe
For the souls of all who'd come
To the father are restored

4 And the Church of Christ was born
Then the Spirit lit the flame
Now this Gospel truth of old Shall
not kneel shall not faint
By his blood and in his name
By his freedom I am free
For the love of Jesus Christ
Who has resurrected me

In Christ Alone

1 In Christ Alone my hope is found;
He is my light my strength, my song.
This cornerstone, this solid ground.
Firm through the fiercest
drought and storm.
What heights of love, what depths
of peace,
When fears are stilled when
striving cease!
My comforter, my all in all–
Here in the love of Christ I stand

2 In Christ alone, Who took on flesh,
Fullness of God in helpless babe!
This gift of love and righteousness,
Scorned by the ones He came to save.
Till on that cross as Jesus died,
The wrath of God was satisfied.
For every sin on Him was laid
Here in the death of Christ I live

3 There in the ground His body lay
Light of the world by darkness slain
Then bursting forth in glorious day
Up from the grave he rose again
And as He stands in victory
Sin's curse has lost its grip on me
For I am His and He is mine
Bought with the precious blood of Christ

4 No guilt in life, no fear in death
This is the power of Christ in me
From life's first cry to final breath
Jesus commands my destiny
No power in hell, no scheme of man
can ever pluck me from his hand
Till He returns or calls me home
Here in the power of Christ I'll stand
Here in the power of Christ I'll stand

Amazing Grace (my chains are gone)

1 Amazing grace, how sweet
the sound
that saved a wretch like me I once
was lost, but now I'm found
Was blind, but now I see

2 'Twas grace that taught my
heart to fear
And grace my fears relieved
How precious did that grace
appear
The hour I first believed

(Refrain)
My chains are gone, I've been set free
My God, my Savior has ransomed me
And like a flood, His mercy reigns
Unending love, amazing grace

3 The Lord has promised good to me
His word my hope secures
He will my shield and portion be
As long as life endures

4 The earth shall soon dissolve like snow
The sun forbear to shine
But God, who called me here below
Will be forever mine,
will be forever mine
You are forever mine

Phos Hilaron

O Light gladsome of the holy glory of the Immortal Father, the Heavenly the Holy, the Blessed, O Jesus Christ, having come up upon the setting of the sun, having seen the light of the evening, we praise the Father, the Son, and the Holy Spirit: God. Worthy it is at all times to praise Thee in joyful voices, O Son of God, Giver of Life, for which the world glorifies Thee

Call and Response: The Watcher (Based on Psalm 121:3-8)

L: He will not let your foot slip -
C: He who watches over you will not slumber;
L: Indeed, he who watches over Israel will neither slumber nor sleep
L: The Lord watches over you -
C: The Lord is your shade at your right hand;
L: The sun will not harm you by day, nor the moon by night.
L: The lord will keep you from all harm -
C: He will watch over your life;
L: The Lord will watch over your coming and going both now and forevermore.

Scripture:

Psalm 118:26-29
Zephaniah 3:17
Romans 8:37-39

Apostle's Creed

I believe in God, the Father almighty,
Creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
He descended to hell.
The third day, He rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there, He will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

That is the true Christian church of all times and all places

Silence: Spend time in silence to rest and hear from the Lord

The Lord's Prayer

9 "This, then, is how you should pray:
"'Our Father in heaven, hallowed be your name, 10 your kingdom come,
your will be done, on earth as it is in heaven. 11 Give us today our daily
bread. 12 And forgive us our debts, as we also have forgiven our debtors.
13 And lead us not into temptation, but deliver us from the evil one: For
yours is the kingdom, and the power, and the glory, forever. Amen.'

Matthew 6:9-13 (NIV)

Lectio/Visio Divina:

13 When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns.
14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.
15 As evening approached, the disciples came to him and said, “This is a remote place, and it’s already getting late. Send the crowds away, so they can go to the villages and buy themselves some food.”
16 Jesus replied, “They do not need to go away. You give them something to eat.”
17 “We have here only five loaves of bread and two fish,” they answered.
18 “Bring them here to me,” he said.
19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people.
20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.
21 The number of those who ate was about five thousand men, besides women and children.

Matthew 14:31-21 *(NIV)*

Refer To Pages 56-57 for the Visio Divina Image

Notes

Communion

Group Prayer Focus: Campus - Pray for the campus ministries at Old Dominion (Intervarsity, CRU, FISH and the international student population, Baptist Campus Ministries, ODU Younglife) as well as students at EVMS, Norfolk State, and Tidewater Community College. Pray for this generation of 18-25-year-olds that they would love Jesus and live fully for him.

Abide With Me

1 Abide with me; fast falls the eventide;
The darkness deepens; Lord with me abide.
When other helpers, fail and comforts flee,
Help of the helpless, abide with me

2 Thou on my head, in early youth didst smile;
And though rebellious, and perverse meanwhile,
Though hast not left me, though I oft left Thee,
On to the close Lord, abide with me.

3 I need Thy presence, every passing hour.
What but Thy grace, can foil the tempters power?
Who, like Thyself, my guide and stay can be?
Through cloud and sunshine, abide with me

4 I fear no foe, with Thee at hand to bless
Ills have no weight, tears lose their bitterness
Where is thy sting,
death? Where grave thy victory?
I triumph still, abide with me.

5 Hold Thou Thy cross,
before my closing eyes;
Shine through the gloom, and point me to the skies.
Heavens morning breaks, and earth's van shadows flee;
In life, in death, Lord, abide with me.

Closing Prayer

Lord, be with me, and help me by Your Spirit, to perform all my duties to Your praise. I pray You be very near to us all; protect us by Your providential care over us, and above all, further visit us by Your love, power, and Spirit. Oh, Lord! Turn us, and we shall be turned; help us, and we shall be helped; keep us, and we shall be kept. Amen.

Elizabeth Fry (1780 - 1845)

GOD'S DELIGHTS IN WATCHING THINGS GROW

January 11th: Evensong Journal

What is God saying to me?

What am I going to do about it?

vine · dress · er

/vīn ˈdresər/NOUN

1. a person who cultivates and prunes grapevines

Morning Lauds - Monday, January 12th

God is infinite. God is beyond measurement we cannot define Him by size or amount. He has no beginning, no end, and no limits.

Romans 11:33

Lectio 365 App

Silence/Reflection

Morning Prayer

O Lord, prepare me for all the events of the day; for I know not what a day may bring forth. Give me grace to deny myself, to take up my cross daily, and follow in the steps of my Lord and Master.

Matthew Henry (1662 - 1714)

Puritan Prayer

Lord, high and holy, meek and lowly,
You have brought me to the valley of vision,
where I live in the depths but see You in the
heights; hemmed in by mountains of sin I behold Thy glory.
Let me learn by paradox
that the way down is the way up,
that to be low is to be high,
that the broken heart is the healed heart,
that the contrite spirit is the rejoicing spirit,
that the repenting soul is the victorious soul,
that to have nothing is to possess all,
that to bear the cross is to wear the
crown; that to give is to receive,
that the valley is the place of vision.
Lord, in the daytime stars can be seen from deepest wells,
and the deeper the wells the brighter Your stars shine;
let me find Your light in my darkness,
Your life in my death,
Your joy in my sorrow,
Your grace in my sin,
Your riches in my poverty,
Your glory in my valley.
(A Puritan prayer from The Valley of Vision)

Scripture: *Psalm 19: 1-6*

Heidelberg Catechism

Q. What is your only comfort in
life and death?

A: That I am not my own, but belong body and soul, in life and in death to my faithful Savior, Jesus Christ. He has fully paid for all my sins with his precious blood and has set me free from the tyranny of the devil.

He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation. Because I belong to him, Christ, by his Holy Spirit,

assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him.

The Lord's Prayer

9 "This, then, is how you should pray:
"'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one: For yours is the kingdom, and the power, and the glory, forever. Amen.'

Matthew 6:9-13 (NIV)

Personal Reflection

Spend time meditating on God's character. What characteristic of God do you need most in your life today? Spend time praising God for who He is.

The Lord's Prayer Up Personal Inventory Questions

UP: How you relate to God

- Do I make enough space for prayer?
- Do I pursue intimacy with Jesus?
- What is on my heart for intercession?
- Am I living in the power of the Spirit?
- Am I seeing a personal revival?
- Do I still feel pressure?
- Am I living in a state of peace?
- Am I afraid or nervous?
- Am I obedient to God's prompting?

Closing Prayer

Almighty and ever-present Father, your watchful care reaches from one end of the earth to the other. You order all things in such power that even the tensions and tragedies of sin cannot frustrate your loving plans/Help me to embrace your will and give me the strength to follow your call so that your truth may live in my heart and reflect peace to those who believe in your love. I ask this in the name of Jesus the Lord. Amen

Roman Sacramentary (20th c.)

January 12th: Morning Laud Journal

What is God saying to me?

What am I going to do about it?

YOU ARE A PLANTING OF THE LORD.

Morning Lauds - Tuesday, January 13th

God is omnipotent. This means God is all-powerful. He spoke all things into being. Every cell, every breath, and every thought are sustained by Him. There is nothing too difficult for Him to do.

Jeremiah 32:17-18, 26-27

Lectio 365 App

Silence/Reflection

Morning Prayer

O God, the light of the minds that know you, the life of the souls that love you, and the strength of the wills that serve you: Help us so to know you that we may truly love you, and so to love you that we may fully serve you, whom to serve is perfect freedom; through Jesus Christ our Lord. Amen.

(From the ACNA 2019 Book of Common Prayer)

Puritan Prayer

Lord, high and holy, meek and lowly,
You have brought me to the valley of vision,
where I live in the depths but see You in the
heights; hemmed in by mountains of sin I behold Thy glory.
Let me learn by paradox
that the way down is the way up,
that to be low is to be high,
that the broken heart is the healed heart,
that the contrite spirit is the rejoicing spirit,
that the repenting soul is the victorious soul,
that to have nothing is to possess all,
that to bear the cross is to wear the
crown; that to give is to receive,
that the valley is the place of vision.
Lord, in the daytime stars can be seen from deepest wells,
and the deeper the wells the brighter Your stars shine;
let me find Your light in my darkness,
Your life in my death,
Your joy in my sorrow,
Your grace in my sin,
Your riches in my poverty,
Your glory in my valley.

(A Puritan prayer from The Valley of Vision)

Scripture: *Matthew 6:31-34*

Heidelberg Catechism

Q. Why is he called "Christ," meaning "anointed"?

A: Because he has been ordained by God the Father and has been anointed with the Holy Spirit to be our chief prophet and teacher who fully reveals to us the secret counsel and will of God concerning our deliverance; our only high priest who has delivered us by the one sacrifice of his body, and who continually pleads our cause with the Father; and our eternal king who governs us by his Word and Spirit, and who guards us and keeps us in the freedom he has won for us.

The Lord's Prayer

9 "This, then, is how you should pray:
"'Our Father in heaven, hallowed be your name, 10 your kingdom come,
your will be done, on earth as it is in heaven. 11 Give us today our daily
bread. 12 And forgive us our debts, as we also have forgiven our debtors.
13 And lead us not into temptation, but deliver us from the evil one: For
yours is the kingdom, and the power, and the glory, forever. Amen.'

Matthew 6:9-13 (NIV)

Personal Reflection

What are some characteristics of God's Kingdom? Spend time praying for His Kingdom to come into your life, your family, the church, and the city of Norfolk. Praise Him for His kingdom and the mission He has given us.

The Lord's Prayer In Personal Inventory Questions

IN: How you relate to Others

- Do I love the church?
- Is time a blessing or a curse?
- Am I resting enough?
- How are my relationships with my friends?
- Am I experiencing intimacy in relationships?
- Do I keep my promises?
- How easy is it for me to trust people?
- Am I disciplining others?
- Is my family happy?
- Am I sleeping/eating well?
- Am I making myself vulnerable to others?

Prayer Time

Lord, help me to use honestly and well this day all of the talents which You have given me; that the gain may not be mine only but Yours and Your kingdom's through Jesus Christ our Lord. Amen.

Common Worship: Daily Prayer

January 13th: Morning Laud Journal

What is God saying to me?

What am I going to do about it?

WE ALL CRAVE A SENSE OF PLACE.

Evensong - Wednesday, January 14th
(Day of Fasting)

God is Jehovah-Rophe. This name means "Jehovah heals." God alone provides the remedy for mankind's brokenness through his Son, Jesus Christ. The Gospel is the physical, moral, and spiritual remedy for all people.

Exodus 15:22-26

Come thou fount

1 Come Thou fount of every blessing
Tune my heart to sing Thy grace
Streams of mercy never ceasing
Call for songs of loudest praise
Teach me some melodious sonnet
Sung by flaming tongues above
Praise the mount, I'm fixed upon it
Mount of Thy redeeming love

2 Here I raise my Ebenezer
Here by Thy great help I've come
And I hope by Thy good pleasure
Safely to arrive at home
Jesus sought me when a stranger
Wandering from the fold of God
He to rescue me from danger
Interposed His precious blood

3 Oh, to grace how great a debtor
Daily I'm constrained to be
Let Thy goodness like a fetter
Bind my wandering heart to Thee
Prone to wander, Lord I feel it
Prone to leave the God I love
Here's my heart, oh take and seal it
Seal it for Thy courts above

'Tis So Sweet

1 'Tis so sweet to trust in Jesus
Just to take Him at His Word
Just to rest upon His promise
Just to know, "Thus saith the Lord"

(Refrain)
Jesus, Jesus, how I trust Him
How I've proved Him o'er and o'er
Jesus, Jesus, precious Jesus
Oh, for grace to trust Him more

2 O how sweet to trust in Jesus,
Just to trust His cleansing blood;
Just in simple faith to plunge me,
'Neath the healing, cleansing flood.

3 I'm so glad I learned to trust Thee,
Precious Jesus, Savior, Friend;
And I know that Thou art with me,
Wilt be with me to the end.

Lord I Need You

1 Lord I come, I confess
Bowing here, I find my rest
Without You, I fall apart
You're the one that guides my heart

(Refrain)
Lord, I need You, oh, I need You
Every hour, I need You
My one defense, my righteousness
Oh God, how I need You

3 Where sin runs deep, Your grace is more
Where grace is found is where You are
And where You are, Lord, I am free
Holiness is Christ in me

(Bridge)
So teach my song to rise to You
When temptation comes my way
And when I cannot stand, I'll fall on You
Jesus, You're my hope and stay
And when I cannot stand, I'll fall on You
Jesus, You're my hope and stay

Phos Hilaron

O Light gladsome of the holy glory of the Immortal Father, the Heavenly, the Holy, the Blessed, O Jesus Christ, having come up upon the setting of the sun, having seen the light of the evening, we praise the Father, the Son, and the Holy Spirit: God. Worthy it is at all times to praise Thee in joyful voices, O Son of God, Giver of Life, for which the world glorifies Thee

Call and Response: (From Ephesians 1)

L: He chose us
C: He adopted us
L: He predestined us
C: He gave us His grace.
L: He redeemed us
C: He forgave our sins
L: He lavished God's grace on us.
C. He made known His will to us

L: He marked us with a seal
C: He guaranteed our inheritance.
L: That, brothers and sisters is how much favor we have with God

Scripture: Psalm 86:1-13 | John 1:14-18 | Isaiah 43:1-3

Apostle's Creed

I believe in God, the Father almighty,
Creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
He descended to hell.
The third day, He rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there, He will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

That is the true Christian church of all times and all places

Silence: Spend time in silence to rest and hear from the Lord

The Lord's Prayer

9 "This, then, is how you should pray:
"'Our Father in heaven, hallowed be your name, 10 your kingdom come,
your will be done, on earth as it is in heaven. 11 Give us today our daily
bread. 12 And forgive us our debts, as we also have forgiven our debtors.
13 And lead us not into temptation, but deliver us from the evil one: For
yours is the kingdom, and the power, and the glory, forever. Amen.'

Matthew 6:9-13 (NIV)

Lectio/Visio Divina:

46 Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means "son of Timaeus"), was sitting by the roadside begging.
47 When he heard that it was Jesus of Nazareth, he began to shout,
"Jesus, Son of David, have mercy on me!"
48 Many rebuked him and told him to be quiet, but he shouted all the more,
"Son of David, have mercy on me!"
49 Jesus stopped and said, "Call him."
So they called to the blind man, "Cheer up! On your feet! He's calling you."
50 Throwing his cloak aside, he jumped to his feet and came to Jesus.
51 "What do you want me to do for you?" Jesus asked him.
The blind man said, "Rabbi, I want to see."
52 "Go," said Jesus, "your faith has healed you." Immediately, he received his sight and followed Jesus along the road.

Mark 10:46-52 (NIV)

Refer To Pages 58-59 For Visio Divina Image

Notes

Communion

Group Prayer Focus: Community and World.
Today, we pray for the schools and the youth in our city. Please pray for local schools, teachers, and principals. Pray for the homeless (winter shelter), foster care, and adoption ministries. Also, remember to pray for Project Asia, the Heard's, Kerus Global, Mexico, and the Taylor's in Japan.

Abide With Me

1 Abide with me; fast falls the eventide;
The darkness deepens; Lord with me abide.
When other helpers, fail and comforts flee,
Help of the helpless, abide with me

2 Thou on my head, in early youth didst smile;
And though rebellious, and perverse meanwhile,
Though hast not left me, though I oft left Thee,
On to the close Lord, abide with me.

3 I need Thy presence, every passing hour.
What but Thy grace, can foil the tempters power?
Who, like Thyself, my guide and stay can be?
Through cloud and sunshine, abide with me

4 I fear no foe, with Thee at hand to bless
Ills have no weight, tears lose their bitterness
Where is thy sting,
death? Where grave thy victory?
I triumph still, abide with me.

5 Hold Thou Thy cross,
before my closing eyes;
Shine through the gloom, and point me to the skies.
Heavens morning breaks, and earth's van shadows flee;
In life, in death, Lord, abide with me.

Closing Prayer

Almighty God, our strong tower of defense in times of trouble: We offer you praise and heartfelt thanks for our deliverance from the dangers which lately surrounded us [and for your gracious gift of peace]. We confess that your goodness alone has preserved us, and we ask you still to continue your mercies toward us, so that we may always know and acknowledge you as our Savior and mighty Deliverer; through Jesus Christ our Lord. Amen.

(From the ACNA 2019 Book of Common Prayer)

January 14th: Evensong Journal

What is God saying to me?

What am I going to do about it?

root

/ˈrüt/NOUN

1. the usually underground part of a seed plant body

Morning Lauds - Thursday, January 15th

God is Jehovah-Jireh. This name means "the God who provides." Just as He provided yesterday. He will also provide today and tomorrow. He grants deliverance from sin, the oil of joy for the ashes of sorrow, and eternal citizenship in His Kingdom for all those adopted into His household.

Genesis 22:9-14

Lectio 365 App

Silence/Reflection

Morning Prayer

Having arisen from sleep, I fall down before thee, O blessed One, and sing to Thee, O mighty One, the great hymn: Holy, holy, holy art Thou, O God! Amen!

(Eastern Orthodox Prayer)

Puritan Prayer

Lord, high and holy, meek and lowly,
You have brought me to the valley of vision,
where I live in the depths but see You in the
heights; hemmed in by mountains of sin I behold Thy glory.
Let me learn by paradox
that the way down is the way up,
that to be low is to be high,
that the broken heart is the healed heart,
that the contrite spirit is the rejoicing spirit,
that the repenting soul is the victorious soul,
that to have nothing is to possess all,
that to bear the cross is to wear the
crown; that to give is to receive,
that the valley is the place of vision.
Lord, in the daytime stars can be seen from deepest wells,
and the deeper the wells the brighter Your stars shine;
let me find Your light in my darkness,
Your life in my death,
Your joy in my sorrow,
Your grace in my sin,
Your riches in my poverty,
Your glory in my valley.

(A Puritan prayer from The Valley of Vision)

Scripture: *Psalm 84*

Heidelberg Catechism

Q. What do you understand by the providence of God?

A: The almighty and ever-present power of God by which God upholds, as with his hand, heaven and earth and all creatures, and so rules them that leaf and blade, rain and drought, fruitful and lean years, food and drink, health and sickness, prosperity and poverty—all things, in fact, come to us not by chance but by his fatherly hand.

The Lord's Prayer

9 "This, then, is how you should pray:
"'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one: For yours is the kingdom, and the power, and the glory, forever. Amen.'

Matthew 6:9-13 (NIV)

Personal Reflection

What needs are you facing today? Spend time petitioning God for needs in your life, your family, and the church. Praise God for providing.

The Lord's Prayer OUT Personal Inventory Questions

OUT: How you relate with Non-believers

- Do I have a heart for the lost?
- How often do I share my faith?
- Do I leave time for relationships with non-Christians?
- Am I running a race with perseverance?
- Do I have a vision for my life?
- Am I dying to succeed?
- Am I proud or ashamed of the Gospel?
- Am I a servant?
- Am I willing to take risks?

Prayer Time

O God, through your grace of your Holy Spirit, you pour your best gift of love into the hearts of your faithful people. Grant unto me health, both of mind and body, that I may love you with my whole strength, and that today I may do these things which please you, to your entire satisfaction; through Christ our Lord. Amen.

Sarum Rite Liturgy (11th century)

January 15th: Morning Laud Journal

What is God saying to me?

What am I going to do about it?

Evensong - Friday, January 16th

God is Jehovah-Mephalti. The Lord is my rock, my fortress, and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

Psalm 18:2

10,000 Reasons

(Refrain)
Bless the Lord, o my soul, o my soul
Worship His holy name
Sing like never before, o my soul
I'll worship Your holy name

1 The sun comes up, it's a new day dawning
It's time to sing Your song again
Whatever may pass and whatever lies before me
Let me be singing when the evening comes

2 You're rich in love and You're slow to anger
Your name is great and Your heart is kind
For all Your goodness, I will keep on singing
Ten thousand reasons for my heart to find

3 And on that day when my strength is failing
The end draws near and my time has come
Still, my soul will sing Your praise unending
Ten thousand years and then forevermore
Forevermore

Be Thou My Vision

1 Be Thou my vision, O Lord of my heart
Naught be all else to me, save
that Thou art
Thou my best thought, by day or by night
Waking or sleeping, Thy presence my light

2 Be Thou my wisdom, and
Thou my true word
I ever with Thee and Thou with me, Lord
Thou my great Father, and I Thy true son
Thou in me dwelling and I with Thee one

3 Riches I heed not, nor vain, empty praise
Thou mine inheritance, now and always
Thou and Thou only first in my heart
High King of heaven, my treasure Thou art

4 High King of heaven, my victory won
May I reach heaven's joys, O bright heaven's sun
Heart of my own heart, whatever befall
Still be my vision, O ruler of all
Heart of my own heart, whatever befall
Still be my vision, O ruler of all

Yet Not I but Through Christ in Me

1 What gift of grace is Jesus my redeemer
There is no more for heaven now to give
He is my joy, my righteousness, and freedom
My steadfast love, my deep and boundless peace
To this I hold, my hope is only Jesus
For my life is wholly bound to His
Oh how strange and divine, I can sing, "All is mine"
Yet not I, but through Christ in me

2 The night is dark but I am not forsaken
For by my side, the Saviour He will stay
I labour on in weakness and rejoicing
For in my need, His power is displayed
To this I hold, my Shepherd will defend me
Through the deepest valley He will lead
Oh the night has been won, and I shall overcome
Yet not I, but through Christ in me

3 No fate I dread, I know I am forgiven
The future sure, the price it has been paid
For Jesus bled and suffered for my pardon
And He was raised to overthrow the grave
To this I hold, my sin has been defeated
Jesus now and ever is my plea
Oh the chains are released, I can sing, "I am free"
Yet not I, but through Christ in me

4 With every breath I long to follow Jesus
For He has said that He will bring me home
And day by day I know He will renew me
Until I stand with joy before the throne
To this I hold, my hope is only Jesus
All the glory evermore to Him
When the race is complete, still my lips shall repeat
Yet not I, but through Christ in me

Phos Hilaron

O Light gladsome of the holy glory of the Immortal Father, the Heavenly the Holy, the Blessed, O Jesus Christ, having come up upon the setting of the sun, having seen the light of the evening, we praise the Father, the Son, and the Holy Spirit: God. Worthy it is at all times to praise Thee in joyful voices, O Son of God, Giver of Life, for which the world glorifies Thee

Call and Response: (Who Am I?)

If you read through the Bible and try to answer that question, you will find the following (put into the form of a responsive reading):

L: Who does God Say that you are?

C: We are all children of God:

L: The Spirit himself testifies with our spirit that we are God's children.

– *Romans 8:16*

C: We are all God's handiwork:

L: For we are God's handiwork created in Christ Jesus to do good works, which God prepared in advance for us to do. – *Ephesians 2:10*

C: We are all forgiven:

L: In him, we have redemption through his blood the forgiveness of sins in accordance with the riches of God's grace. – *Ephesians 1:7*

C: We are all a new creation:

L: Therefore, if anyone is in Christ, the new creation has come: The old had gone the new is here! – *2 Corinthians 5:17*

C: We have all been reconciled:

L: All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation. – *2 Corinthians 5:18*

C: We are the heirs of eternal life:

L: And this is the testimony: God has given us eternal life, and this life is in his Son. – *1 John 5:11*

C: We all live by faith:

L: For we live by faith, not by sight. – *2 Corinthians 5:7*

C. We are all co-heirs with Christ:

L: Now if we are children then we are heirs–heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. – *Romans 8:17*

C: We are all blessed in the heavenly realms:

L: Praise be to the God and Father of our Lord Jesus Christ, who had blessed us in the heavenly realms with every spiritual blessing in Christ. – *Ephesians 1:3*

C: We are healed:

L: "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness," by his wounds you have been healed." – *1 Peter 2:24*

C: We have strength:

L: I can do all this through him who gives me strength. – *Philippians 4:13*

Scripture:
Isaiah 55:1-6, Ephesians 3:17-19, Psalm 118:14-16

Apostle's Creed

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to hell.
The third day he rose again from the dead.
He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

*that is the true Christian church of all times and all places

Silence: Spend time in silence to rest and hear from the Lord

The Lord's Prayer

9 "This, then, is how you should pray:
"'Our Father in heaven, hallowed be your name, 10 your kingdom come,
your will be done, on earth as it is in heaven. 11 Give us today our daily
bread. 12 And forgive us our debts, as we also have forgiven our debtors.
13 And lead us not into temptation, but deliver us from the evil one: For
yours is the kingdom, and the power, and the glory, forever. Amen.'

Matthew 6:9-13 (NIV)

Lectio/Visio Divina:

18 As Jesus was walking beside the Sea of Galilee, he saw two brothers,
Simon called Peter and his brother Andrew. They were casting a net into the
lake, for they were fishermen.

19 "Come, follow me," Jesus said, "and I will send you out to fish for people."

20 At once, they left their nets and followed him.

21 Going on from there, he saw two other brothers, Jame,s son of Zebedee, and
his brother John. They were in a boat with their father Zebedee, preparing
their nets. Jesus called them,

22 and immediately they left the boat and their father and followed him.

Matthew 4:18-22 (NIV)

Refer To Pages 60-61 For Visio Divina Image

Notes

Communion

Group Prayer Focus: Time for Celebration

And they overcame him by the blood of the Lamb, and by the word of their testimony, and they loved not their lives unto the death.

Revelation 12:11 (*NIV*)

Abide With Me

1 Abide with me; fast falls the eventide;
The darkness deepens; Lord with me abide.
When other helpers, fail and comforts flee,
Help of the helpless, abide with me

2 Thou on my head, in early youth didst smile;
And though rebellious, and perverse meanwhile,
Though hast not left me, though I oft left Thee,
On to the close Lord, abide with me.

3 I need Thy presence, every passing hour.
What but Thy grace, can foil the tempters power?
Who, like Thyself, my guide and stay can be?
Through cloud and sunshine, abide with me

4 I fear no foe, with Thee at hand to bless
Ills have no weight, tears lose their bitterness
Where is thy sting,
death? Where grave thy victory?
I triumph still, abide with me.

5 Hold Thou Thy cross,
before my closing eyes;
Shine through the gloom, and point me to the skies.
Heavens morning breaks, and earth's van shadows flee;
In life, in death, Lord, abide with me.

Closing Prayer

We give thanks, O God, for revealing Your So Jesus Christ to us by the light of His resurrection: grant that as we sing Your glory at the close of this day, our joy may abound in the morning...through Jesus Christ our Lord. Amen.

(Book of Common Prayer 1979)

January 16th: Evensong Journal

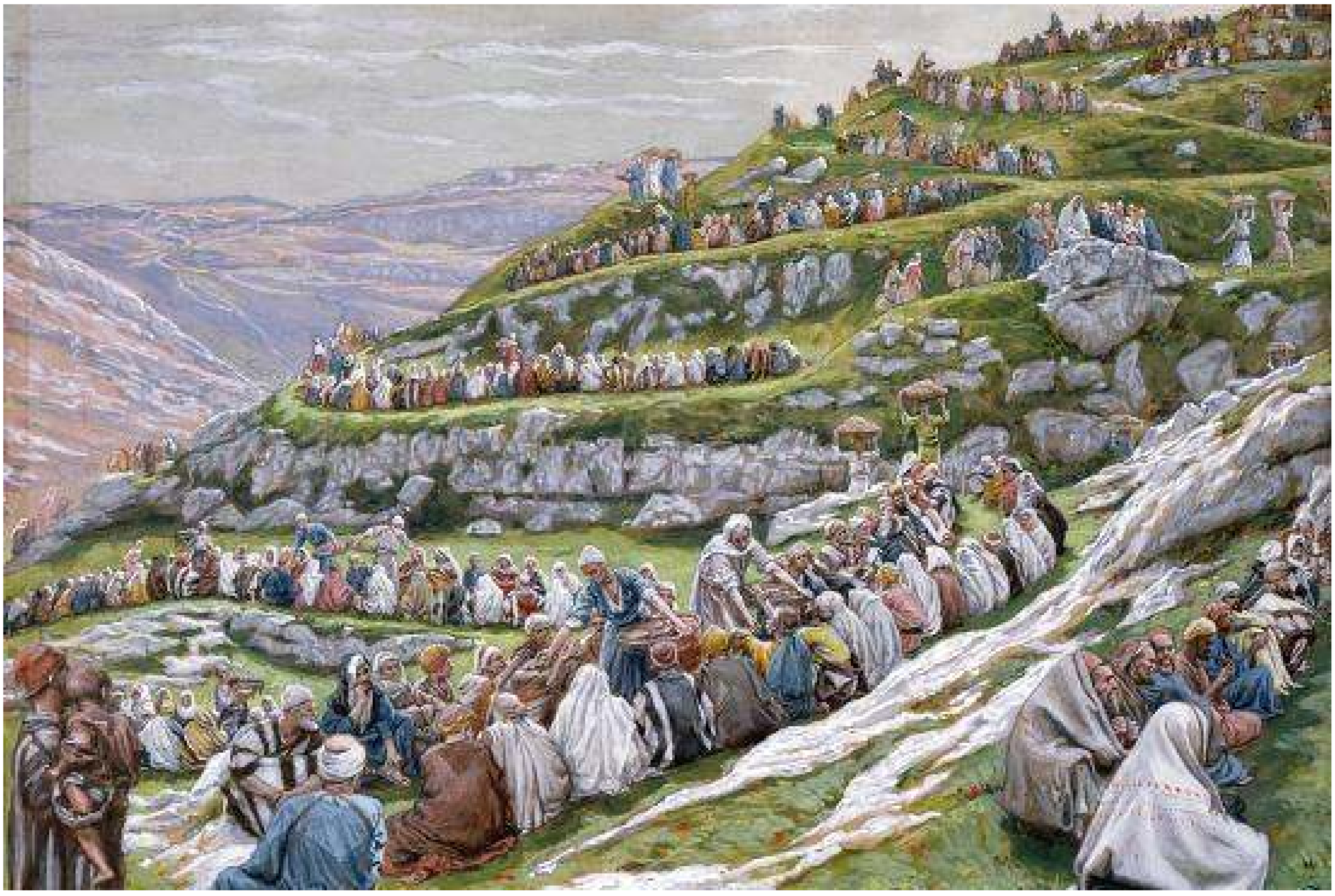
What is God saying to me?

What am I going to do about it?

January 11th: Visio Divina

The Miracle of the Loaves and Fishes

Scripture: Matthew 14:13-21



James Tissot (1836-1902)

The Miracle of the Loaves and Fishes

Scripture: Matthew 14:13-21

13 When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns.

14 When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

15 As evening approached, the disciples came to him and said, “This is a remote place, and it’s already getting late. Send the crowds away, so they can go to the villages and buy themselves some food.”

16 Jesus replied, “They do not need to go away. You give them something to eat.”

17 “We have here only five loaves of bread and two fish,” they answered.

18 “Bring them here to me,” he said.

19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people.

20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.

21 The number of those who ate was about five thousand men, besides women and children.

Matthew 14:13-21 (NIV)

Notes:

January 14th: Visio Divina

The Healing of Blind Bartimaeus

Scripture: Mark 10:46-52

Nicolas Poussin (1593/94 – 1665)

The Healing of Blind Bartimaeus

Scripture: Mark 10:46-52

46 Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means "son of Timaeus"), was sitting by the roadside begging.

47 When he heard that it was Jesus of Nazareth, he began to shout,
"Jesus, Son of David, have mercy on me!"

48 Many rebuked him and told him to be quiet, but he shouted all the more,
"Son of David, have mercy on me!"

49 Jesus stopped and said, "Call him."
So they called to the blind man, "Cheer up! On your feet! He's calling you."

50 Throwing his cloak aside, he jumped to his feet and came to Jesus.

51 "What do you want me to do for you?" Jesus asked him.
The blind man said, "Rabbi, I want to see."

52 "Go," said Jesus, "your faith has healed you." Immediately, he received his sight and followed Jesus along the road.

Mark 10:46-52 (NIV)

Notes:

January 16th: Visio Divina

Jesus Calls His First Disciples

Scripture: Matthew 4:18-22

Brenner, Adam (Austrian artist, 1800-1891)

Jesus Calls His First Disciples

Scripture: Matthew 4:18-22

18 As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon, called Peter, and his brother Andrew. They were casting a net into the lake, for they were fishermen.

19 "Come, follow me," Jesus said, "and I will send you out to fish for people."

20 At once, they left their nets and followed him.

21 Going on from there, he saw two other brothers, James, son of Zebedee, and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them,

22 and immediately they left the boat and their father and followed him.

Matthew 4:18-22 (NIV)

Notes:

Additional Notes:

CrossRoads
church