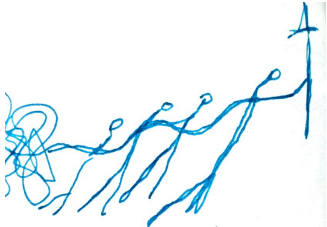


THE EMMAUS MANUAL *Good News for the Scattered Mind*



A CATECHISM FOR THOSE WHO STRUGGLE *understanding this Good News*

WHAT THE GOOD NEWS IS	3
WHAT GOOD NEWS MEANS FOR US	5
WHAT GOOD NEWS DOES TO US	7
WHERE GOOD NEWS IS TAKING US	10
WHAT A SIMPLE LIFE WITH THIS GOOD NEWS IS	12

A NEURODIVERGENT LITURGY OF THE HOURS *simple life with this Good News*

MATINS	<i>upon rising</i>	15
LAUDS	<i>morning</i>	25
NONES	<i>afternoon</i>	45
VESPERS	<i>evening</i>	63
COMPLINE	<i>bedtime</i>	79

*The Emmaus Manual offers liturgies throughout the day.  
These liturgies offer a steady path of scripture and prayer  
For the scattered mind. Each liturgy has three parts*

- 1) confession of sin—returning to this Good News
- 2) promise of scripture—receiving this Good News
- 3) the prayers of the church—staying with this Good News

All this so that folks might return to the tables we set—  
working with this Good News as we learn to love and serve  
as best we can *as those who follow because they've been forgiven*

***You simply read through the liturgy straight through for each time of day, a liturgy  
Is nothing to afraid of, it is just a bunch of scriptures and prayers you read one after  
another***

*Each full liturgy takes 10-15 minutes, but it can be scaled for time  
5 minutes—only the bold portions      1 minute—just the first page*

# A LITTLE CATECHISM *understanding this Good News*

## WHAT THE GOOD NEWS IS

What is the Gospel and how do we live as if it's true?

The *Good News*, as simply as I know it can be said, is this:

*That Christ died and rose for us.*

*That His Dying and Rising*

*is the free gift of Himself*

*and the only thing that makes things right,*

*between God, ourselves, and each other.*

That is what the Good News is.

And this Good News is not just information,

but the light that reveals Him

and the bread by which He gives Himself

to us. To put another way:

Life is unbearable, unmanageable, and impossible,

and the way is blocked except for our share in Christ's own life,

and we share in Christ's own life by this Good News.

Because Jesus is Good News, And Good News gives us Jesus.

Or put this way:

*Christ died and rose for us, and we die and rise with Him*

*when we hear this Good News.*

Part of what this Good News is is where this Good News  
Comes from.

*It is the Good News of what God has done in Christ.  
It is a revelation of God the Father's own heart of Mercy  
in the Death and Resurrection of the Son.  
We have the love of God in the person of Christ.*

*His steadfast love, His involvement,  
His power to make things right  
Life is about this Mercy offered us in Christ  
Receiving this Mercy for ourselves even as we offer it to others*

## WHAT THE GOOD NEWS MEANS FOR US

That is what the Good News *is*, and where it comes *from*,  
but there is also *what this Good News means for us*.

We are offered two things in the name  
of the One who died and rose for us—  
His Forgiveness and His Spirit.

The forgiveness of sins by which we die with Him,  
the gift of the Holy Spirit by which we rise with Him.

By the power of His Forgiveness and His Spirit,  
We become a part of His Fellowship as we wait for His Return.

Christ died and rose for us, and we die and rise with Him  
when we hear this Good News,  
receiving the forgiveness of sin and the gift of the Holy Spirit.

Knowing we've been forgiven,

And following Him through His Spirit

The forgiveness of sin by which we die with Him,  
the gift of the Holy Spirit by which we rise with Him.

Because, somehow,

*To receive His Forgiveness is to die with Him,*

*to be led by His Spirit is to rise with Him,*

The forgiveness of sins is not merely a transaction,  
telling us we're no longer in trouble.

The forgiveness of sin is how He reveals Himself to us,  
and gives Himself to us.

The forgiveness of sins is how we know Him  
And how we are changed by Him most deeply.

By the forgiveness of sin we receive Christ  
and are cleansed of pride and lies.

The forgiveness of sins is how we trust in Him most deeply.

## WHAT GOOD NEWS DOES TO US

For that reason we need to say, not only what Good News *is*,  
*Where it comes from*, what it *means for us*,  
but also what *Good News does to us*.  
*In short, it gives us a New Heart*

Christ died and rose for us, and we die and rise with Him  
when we hear this Good News,  
receiving the forgiveness of sin and the gift of the Holy Spirit.  
The forgiveness of sin by which we die with Him,  
the gift of the Holy Spirit by which we rise with Him.

There is something in us that always wants to prove ourselves,  
protect ourselves, to take things back and make things right  
and get out of trouble.

And the forgiveness of sins,  
by which we know Him and are changed by Him  
and by which we die with Him,  
is the only thing that makes that thing let go of us.

The only thing that gives us this New Heart.

To be forgiven, and die with Him, then is to be rescued.

We are rescued by His Forgiveness.

And somehow His Forgiveness is the end  
of trying to take things back and make things right.

Good News changes us, gives us a New Heart.  
A New Heart called faith, hope, love  
Where Faith is the trust He rescues  
Hope in the attention He leads  
Love is the gift of ourselves in His Name

Good News changes what we trust.  
What we trust changes what we pay attention to.  
What we pay attention to changed what we want.

Put passively, it is a New Heart called *rescued, led, given*.  
Put actively, it is Heart a shares in Christ's own life *by hearing,*  
*through prayer, and as an offering,*  
receiving Good News, staying with  
Good News, working with Good News.

*Hearing* is trusting in Christ by His Forgiveness  
receiving this Good News . Because we do not  
Trust in Him by ourselves, we trust in Him  
By His Forgiveness

*Prayer* is trusting Him with things through His Spirit,  
staying with this Good News, because we don't trust  
Him with things by ourselves, we trust Him with things  
Through His Spirt

*Offering* is entrusting ourselves to others in His Name,  
Working with this Good News. Because we don't entrust  
Ourselves to others by ourselves. We entrust ourselves  
To others by His Forgiveness, through His Spirit  
And in His Name.

Because hearing is vindicated in prayer and  
Fulfilled in offering

*That is what I think means to hear this Good News.  
To hear this Good News is to be rescued by His Forgiveness,  
and led by His Spirit, to be given in His Name .*

Put simply,  
Jesus is Good News, Good News gives us Jesus,  
And it is going to have to be enough to be with Jesus  
To be with Jesus anyway we can,  
To be with Jesus by hearing, through prayer, as an offering.

## WHERE GOOD NEWS IS TAKING US

This Good News deepens the New Heart it gives to us,  
*so that we that become more rescued, led, and given  
only over time and only by this means of grace—  
the bread and light of this Good News.*

Because this Good News doesn't change, it is only that it  
Continues to change us. Because Christ died and rose for us  
And we die and rise with Him when we hear this Good News.

*Because life is unbearable, unmanageable, and impossible,  
and the way is blocked except for our share in Christ's own life.  
And we share in Christ's own life by this Good News, share in  
Christ's own life by hearing, through prayer, as an  
offering—receiving Good News, staying with Good News,  
working with Good News.*

Because it's going to have to be enough to be with Jesus.  
And there's just gotta be a way to be with Jesus any way we can.  
To be with Jesus by hearing, through prayer, as an offering.

If only Good News moves and changes us  
and gives us a New Heart,  
and if Good News deepens the New Heart it is gives us,  
then there is  
only one direction this New Heart of ours can be headed:

*out of pride and lies,*

*through trouble and loss*

*Toward our new home*

*That is, toward all the good things Christ Himself is  
and the small good things we offer in His Name.*

## WHAT A SIMPLE LIFE WITH THIS GOOD NEWS IS

If Good News is the only thing that moves and changes us,  
we can say that Good News is our *only shepherd*  
and a simple life with this Good News *is our new home*.

*But what does a simple life with this Good News look like?*

If Good News is our only shepherd,  
and simple life with Good News  
is our new home, if we share in Christ's own life  
By this Good News. Share in Christ's own life by hearing  
through prayer and as an offering, receiving Good News,  
Staying with Good News, working with Good News  
*Then a simple life with this Good News,*  
at least for me, is that a steady rhythm of  
*scripture, prayer, and tables ,*  
*so that we slowly learn to be at home,*  
*slowly learn that a simple life with this Good News*  
*is our new home. Our new home until He comes back.*

A little way to be with Jesus any way we can.

Because Jesus is Good News, and Good News gives us Jesus.

Because it's going to have to be enough to be with Jesus.

And there's just gotta be a way to be with Jesus any way we can.

To be with Jesus by hearing, through prayer, as an offering.

*And a slow and steady rhythm of scripture, prayer, and tables*

*Is a little way to be with Jesus anyway we can.*

Because *scripture* is where I get this Good News, hearing this Good News, being rescued by His Forgiveness,  
This Good News comes to us  
through the promises of scripture.

The Old Testament promise of a Good King, a New Heart, and a Return Home, and the New Testament announcement that those promises have been fulfilled in the person and work of Christ: in His Death, Resurrection.

And *prayer* is how I stay with this Good News,  
trusting Him with things through the gift of the Holy Spirit.  
For this, we need the prayers scripture offers us  
as well as the prayers of the church as our guide,  
even as we learn that Holy Spirit intercedes for us with groans  
too deep for words.

*Tables* are how I am given in His Name,  
work with this Good News,  
entrusting ourselves to others in His Name and for the  
building of His Fellowship  
through our everyday vocations and ordinary hospitality,  
Working on things and working with each other,  
As we learn to love and serve  
setting a table for the building of the fellowship of believers.

It is how we offer the world some sign this News is true.  
It is how we offer those things  
by which Christ gathers a people to Himself.

Another way of thinking about scripture, prayer, and tables is  
The daily bread of Word, Spirit, and Fellowship.  
The power of the Word through the working of His Spirit  
In the Fellowship of believers.

*The Emmaus Manual (a reimplementaion of the Daily Office  
from the 1979 Book of Common Prayer)*

*offers folks a simple life with this Good News,  
a way for us to slowly learn that Good News only shepherd  
and a simple life with this Good News is our new home.*

The hope of the Emmaus Manual  
is that folks might become *more rescued, led, and given  
over time and only by this Good News.*

*Our hope is a deeper trust in Christ  
and an eventual focus on all the good things Christ Himself is,  
something that only happens over time  
and only by the bread and light of this Good News.*

*The daily bread of Word, Spirit, and Fellowship*

## MATINS *upon rising*

Christ has obtained a ministry  
That is much more excellent than the old  
As the covenant he mediates is better,  
Since it is enacted on better promises  
This makes Jesus the guarantor of a better covenant.  
May the God of peace,  
who brought again from the dead our Lord Jesus,  
the great shepherd of the sheep,  
by the blood of the eternal covenant,  
equip you with everything good that you may do his will,  
working in you that which is pleasing in his sight;  
through Jesus Christ, to whom be glory for ever and ever.

**Let us then with confidence draw near  
to the throne of grace,  
that we may receive mercy and find grace to help  
in time of need.** *Hebrews 4:16*

I. CONFESSION *returning to this Good News*

Incline my ear to your testimonies and not to selfish gain.

Let your steadfast love come to me, O Lord.

Turn my eyes from worthless things

And give me life in your ways.

Let your steadfast love comfort me

According to your promise to your servant.

Uphold me according to your promise that I may live.

I will run in the way of your commandments

When you enlarge my heart.

Your testimonies are my heritage forever.

For they are the joy of my heart.

Your word is a lantern to my feet, and a light to my path.

My soul clings to the dust, give me life in your ways.

My soul melts away for sorrow

Strengthen me according to your word.

My soul longs for your salvation, I hope in your word.

I am severely afflicted, give me life according to your word.

**O come let us sing unto the Lord,**

**Let us shout for joy the rock of our salvation**

**Let us come before his presence with thanksgiving**

**And raise a loud shout to him with psalms.**

**For He is our God, and we are the people of His pasture**

**And the sheep of His hand.**

**O that today, you would hearken to his voice.**

And God spoke all these words, saying,  
“I am the LORD your God,  
who brought you out of the land of Egypt,  
out of the house of slavery.  
You shall have no other gods before me.  
**Lord, have mercy upon us,  
and incline our hearts to keep this law.**

You shall fear the LORD your God.  
You shall serve him and hold fast to him,  
and by his name you shall swear.  
“And now, Israel, what does the LORD your God require of you,  
but to fear the LORD your God, to walk in all his ways,  
to love him, to serve the LORD your God  
with all your heart and with all your soul,  
**Circumcise therefore the foreskin of your heart,  
and be no longer stubborn.** *Deuteronomy 10:12-13*

In him you also were circumcised with a circumcision  
Made without hands, by putting off the body of flesh,  
By the circumcision of Christ,  
Having been buried with him in baptism,  
**In which you were also raised with him through faith,  
In the powerful working of God,  
Who raised him from the dead.**

## II. SCRIPTURE *receiving this Good News*

In the beginning was the Word,  
And the Word was with God, and the Word was God *John 1:1*  
And the Word became flesh and dwelt among us,  
and we have seen his glory,  
glory as of the only Son from the Father,  
full of grace and truth.

For from his fullness we have all received, grace upon grace.  
For the law was given through Moses;  
grace and truth came through Jesus Christ.

**No one has ever seen God; God the only Son,  
who is at the Father's side, he has made him known.**

That which was from the beginning  
Which we have heard, which we have seen with our eyes  
Which we looked upon and have touched with our hands  
Concerning the word of life—  
The life was made manifest, and we have seen it,  
And testify to it and proclaim to you the eternal life  
Which was with the Father and was made manifest to us—  
That which we have seen and heard we proclaim also to you,  
So that you too may have fellowship with us;  
And indeed our fellowship is with the Father  
And with his Son Jesus Christ  
And we are writing these things  
so that our joy may be complete *1 John 1:1-4*

**In this the love of God was made manifest among us,  
That God sent his only Son into the world,  
So that we might live through Him,  
In this is love, not that we loved God,  
But that he loved us,  
And sent his Son to be the propitiation for our sins.**

Then they said to him, “What must we be doing,  
To do the works of God?”

Jesus answered them, “This is the work of God,  
That you believe in Him whom he has sent”

“ And as Moses lifted up the serpent in the wilderness,  
so must the Son of Man be lifted up,  
that whoever believes in him may have eternal life.

The very works that I am doing  
Bear witness to me that the Father has sent me  
For I have come down from heaven,  
not to do my own will but the will of him who sent me.  
And this is the will of him who sent me,  
that I should lose nothing of all that he has given me,  
but raise it up on the last day.

**For this is the will of my Father,  
that everyone who looks on the Son and believes in him  
Should have eternal life,  
and I will raise him up on the last day.**

The Lord said

“I told you that you would die in your sins,  
for unless you believe that I am he you will die in your sins.

When you have lifted up the Son of Man,  
then you will know that I am he,

Now is the judgment of this world;  
now will the ruler of this world be cast out.

**And I, when I am lifted up from the earth,  
will draw all people to myself.”**

The Lord said, I am the bread of life,

Whoever comes to me shall not hunger

And whoever believes in me shall never thirst.

I am the living bread that came down from heaven

If anyone eats of this bread, he will live forever

**And the bread that I will give for the life of the world**

**Is my flesh**

The word of the Lord

**Thanks be to God.**

### III. PRAYER *staying with this Good News*

On the last day of the feast, the great day,

Jesus stood up and cried out,

“If anyone thirsts, let him come to me and drink.

Whoever believes in me, as the Scripture has said,

‘Out of his heart will flow rivers of living water.’”

Now this he said about the Spirit,

whom those who believed in him were to receive,

for as yet the Spirit had not been given,

because Jesus was not yet glorified.

For we do not know what to pray for as we ought,

**but the Spirit himself intercedes for us**

**with groanings too deep for words.**

For this reason I bow my knees before the Father,

from whom every family in heaven and on earth is named,

that according to the riches of his glory

he may grant you to be strengthened with power

through his Spirit in your inner being,

so that Christ may dwell in your hearts through faith—

that you, being rooted and grounded in love,

may have strength to comprehend with all the saints

what is the breadth and length and height and depth,

and to know the love of Christ that surpasses knowledge,

that you may be filled with all the fullness of God.

**For through the Spirit, by faith**

**We ourselves eagerly wait for the hope of righteousness**

Give all your people increase of grace,  
To hear your Word with humility,  
To receive it with pure affection,  
And to bring forth the fruit of the Spirit. **Amen.**

## CLOSING READINGS

So faith comes from hearing,  
and hearing through the word of Christ *Romans 10:17*  
For there is one God,  
and there is one mediator between God and men,  
The man Christ Jesus, who gave himself as a ransom for all,  
which is the testimony given at the proper time. *1 Timothy 2:5-6*

**As for that in the good soil**

**They are those who, hearing the word,**

**Hold it fast with an honest and good heart**

**Bearing fruit with patience** *Luke 8:15*

If you abide in my word, you are truly my disciples,  
and you will know the truth, and the truth will set you free.”

If the Son sets you free, you will be free indeed.

But I am not ashamed, for I know whom I have believed,  
and I am convinced that he is able to guard until that day  
what has been entrusted to me.

Follow the pattern of the sound words that  
you have heard from me,  
in the faith and love that are in Christ Jesus.

**By the Holy Spirit who dwells within us,**

**guard the good deposit entrusted to you.** *2 Timothy 1:12-14*

The Lord said,  
“When the Spirit of truth comes,  
he will guide you into all the truth,  
for he will not speak on his own authority,  
but whatever he hears he will speak,  
and he will declare to you the things that are to come.  
He will glorify me, for he will take what is mine  
and declare it to you. All that the Father has is mine;  
therefore I said that he will take what is mine and declare it to you.  
**Let what you heard from the beginning abide in you.  
If what you heard from the beginning abides in you.  
Then you too will abide in the Son  
And in the Father also.** *1 John 2:24-25*

## BENEDICTION

Let us bless the Lord,  
**Thanks be to God**

“All flesh is like grass and all its glory like the flower of grass.  
The grass withers, and the flower falls,  
but the word of the Lord remains forever.  
**And this word is the good news that was preached to you.**

We proclaim the mystery of faith,  
**Christ has died, Christ is risen, Christ will come again.**



## LAUDS *morning*

Christ has entered, not into a sanctuary made with hands,  
A copy of the true one,  
But into heaven itself,  
Now to appear in the presence of God on our behalf  
Since then we have a great high priest  
who has passed through the heavens,  
Jesus, the Son of God, let us hold fast our confession.  
For we do not have a high priest  
who is unable to sympathize with our weaknesses,  
but one who in every respect  
has been tempted as we are, yet without sin. *Hebrews 4:14-15*

**Let us then with confidence draw near  
to the throne of grace,  
that we may receive mercy and find grace to help  
in time of need. *Hebrews 4:16***

## I. CONFESSION *our return to this Good News*

### OPENING ACCLAMATION

I waited patiently for the LORD;  
he inclined to me and heard my cry.  
He drew me up from the pit of destruction,  
out of the miry bog, and set my feet upon a rock,  
making my steps secure.  
He put a new song in my mouth,  
a song of praise to our God.  
Many will see and fear, and put their trust in the LORD.  
Blessed is the man who makes the LORD his trust. *PSALM 40:1-11*

**Blessed is the man who trusts in the Lord,  
whose trust is the Lord.  
He is like a tree planted by water,  
that sends out its roots by the stream,  
and does not fear when heat comes,  
for its leaves remain green,  
and is not anxious in the year of drought,  
for it does not cease to bear fruit.” *Jeremiah 17:8***

### OPENING PRAYER

Heavenly Father, you have made us for yourself,  
and our hearts are restless until they rest in you:  
Look with compassion  
upon the heartfelt desires of your servants,  
and purify our disordered affections,

that we may behold your eternal glory  
in the face of Christ Jesus;  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. Amen.

**Lord, have Mercy**  
**Christ, have Mercy**  
**Lord, have Mercy**

#### CONFESSION OF SIN

Almighty God, to you all hearts are open,  
all desires known, and from you no secrets are hid.  
Cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Jesus Christ our Lord. Amen.

**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 neighbors 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.**

#### REQUEST FOR ABSOLUTION

From all blindness and hardness of heart;  
from pride, vanity, and hypocrisy;  
from envy, hatred, malice and cruelty ;  
and from all lack of charity,  
**Good Lord, deliver us.**

Almighty God have mercy on us,  
Forgive us all our sins through our Lord Jesus Christ,  
Confirm and strengthen us in all goodness,  
And by the power of the Holy Spirit,  
Raise us up to serve you in newness of life. **Amen.**

**Create in me, a clean heart, O God.  
And renew a right spirit within me.  
Cast me not away from your presence  
And take not your Holy Spirit from me.  
Restore to me the joy of your salvation,  
and uphold me with a willing spirit.**

## ASSURANCE OF PARDON

Hear the Word of God  
to all who truly turn to Him:

“If we say we have no sin,  
we deceive ourselves, and the truth is not in us.  
If we confess our sins,  
He is faithful and just to forgive us our sins  
and to cleanse us from all unrighteousness.” *1 John 1:8-9*

But as it is, he has appeared once for all  
at the end of the ages to  
put away sin by the sacrifice of himself.  
But that you may know that the Son of Man  
has authority on earth to forgive sins” —he said to the paralytic—  
**“I say to you, rise, pick up your bed, and go home.”**

For this is the covenant  
that I will make with the house of Israel  
after those days, declares the Lord:  
I will put my laws into their minds,  
and write them on their hearts,  
and I will be their God,  
and they shall be my people.  
And they shall not teach, each one his neighbor  
and each one his brother, saying, ‘Know the Lord,’  
for they shall all know me,  
from the least of them to the greatest.

For I will be merciful toward their iniquities,  
and I will remember their sins no more.”

**My dwelling place shall be with them,  
and I will be their God, and they shall be my people.**

NEWNESS OF LIFE *optional*

Are we to continue in sin that grace may abound?

By no means! How can we who died to sin still live in it?

Do you not know that all of us who have been baptized

Into Christ Jesus were baptized into his death?

We were buried therefore with him by baptism

Into death, in order that, just as Christ was raised from

The dead by the glory of the Father,

We too might walk in newness of life.

And you, who were dead in your trespasses

And the uncircumcision of your flesh,

God made alive together with him.

**As you received Christ Jesus the Lord, so walk with Him,**

**Rooted and built up in Him, established in the faith.**

**Consider yourselves dead to sin and alive to God**

**In Jesus Christ our Lord**

## II. SCRIPTURE *receiving this Good News*

The Lord said,

“Truly, truly, I say to you,

whoever hears my word

and believes him who sent me has eternal life.

**He does not come into judgment,**

**but has passed from death to life.”** *John 5:24’*

This is eternal life:

that they know you the only true God

And Jesus Christ whom you have sent.

These are written

so that you may believe Jesus is the Christ the Son of God

And that by believing you may have life in His Name.

Everyone who believes in Him

Receive the forgiveness of sins through His name.

the righteousness of God

through faith in Jesus Christ for all who believe.

**Once you were not a people, now you are God’s people**

**Once you had not received Mercy,**

**now you have received Mercy**

**For you were straying like sheep, but have now returned**

**to the Shepherd and Overseer of your Souls.**

## PSALMS

Bless the Lord, O my soul,  
and all that is within me, bless his holy name.  
Bless the Lord, O my soul,  
and forget not all his benefits,  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the pit,  
who crowns you with steadfast love and mercy,  
who satisfies you with good.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life.  
**My flesh and my heart may fail,  
but God is the strength of my heart  
and my portion forever.**

*After the Psalm*

**Glory be to the Father,  
and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end. Amen.**

## GOSPELS AND EPISTLES

He himself bore our sins in his body on the tree,  
that we might die to sin and live to righteousness.  
By his wounds you have been healed.  
For this is why the gospel was preached  
even to those who are dead,  
that though judged in the flesh the way people are,  
they might live in the Spirit the way God does.  
For if, because of one man's trespass,  
death reigned through that one man,  
**much more will those who receive the abundance of grace  
and the free gift of righteousness  
reign in life through the one man Jesus Christ.**

Therefore do not be ashamed of the testimony  
about our Lord, nor of me his prisoner,  
but share in suffering for the gospel by the power of God,  
who saved us and called us to a holy calling,  
not because of our works  
but because of his own purpose and grace,  
which he gave us in Christ Jesus before the ages began,  
and which now has been manifested  
through the appearing of our Savior Christ Jesus,  
who abolished death  
and brought life and immortality to light through the gospel,  
for which I was appointed a preacher and apostle and teacher,  
which is why I suffer as I do.

**For our sake he made him to be sin who knew no sin  
So that in him we might become  
The righteousness of God.  
For all have sinned  
And fallen short of the glory of God  
And are justified by his grace as a gift  
Through the redemption that is in Christ Jesus**

The word of the Lord  
**Thanks be to God**

#### CANCTICLE

Arise, shine, for your light has come,  
and the glory of the Lord has dawned upon you.  
For behold, darkness covers the land;  
deep gloom enshrouds the peoples.  
But over you the Lord will rise, and his glory will appear upon you.  
Nations will stream to your light,  
and kings to the brightness of your dawning.  
Your gates will always be open;  
by day or night they will never be shut.  
They will call you the City of the Lord,  
The Zion of the Holy One of Israel.  
Violence will no more be heard in your land,  
ruin or destruction within your borders.  
You will call your walls, Salvation,

and all your portals, Praise.

The sun will no more be your light by day;  
by night you will not need the brightness of the moon.

The Lord will be your everlasting light,  
and your God will be your glory *THIRD SONG OF ISAIAH*

**With your constant love,  
you led the people you redeemed.  
And brought them in safety  
to your holy dwelling.**

## APOSTLES' CREED

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ,  
his only Son, our Lord.**

**He 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 the dead.**

**On the third day he rose again.**

**He ascended into heaven,  
and is seated at the right hand of the Father.**

**He will come again 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.**

III. PRAYER *staying with this Good News*

The Lord be with you

**And also with you**

Let us pray

But I, through the abundance of your steadfast love,  
will enter your house.

**I will bow down toward your holy temple  
in the fear of you.**

Now as our Savior Christ has taught us,  
We are bold to pray,

**Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come, thy will be done,  
on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,  
as we forgive those who trespass against us.**

**And lead us not into temptation,  
but deliver us from evil.**

**For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.**

## THE SUFFRAGES

Save your people, Lord, and bless your inheritance;

**Govern and uphold them, now and always.**

Day by day we bless you;

**We praise your name for ever.**

Lord, keep us from all sin today;

**Have mercy upon us, Lord, have mercy.**

Lord, show us your love and mercy;

**For we put our trust in you.**

In you, Lord, is our hope;

**Let us never be put to shame.**

Heavenly Father,

you have promised to hear what we ask

in the Name of Your Son:

Accept and fulfill our petitions, we pray,

not as we ask in our ignorance,

nor as we deserve in our sinfulness,

but as you know and love us

in your Son Jesus Christ our Lord. Amen.

## PRAYER OF THE DAY

For you did not receive the spirit of slavery

to fall back into fear,

But you have received the spirit of adoption as sons,

By whom we cry, "Abba! Father!"

The Spirit himself bears witness with our spirit

That we are children of God, and if children, then heirs—  
Heirs of God and fellow heirs with Christs,  
Provided we suffer with him in order that we may also  
Be glorified with him.

Since therefore Christ suffered in the flesh,  
Arm yourselves with the same way of thinking  
For whoever has suffered in the flesh has ceased from sin  
So as to live for the rest of the time in the flesh  
No longer for human passions but for the will of God.  
**For through the Spirit, by faith,  
We ourselves eagerly wait for the hope of righteousness.**

Our God, in whom we trust:  
Strengthen us not to regard overmuch  
who is for us or who is against us,  
but to see to it that we be with you  
in everything we do. **Amen.**

## PRAYER FOR MISSION

When Christ appeared  
as a high priest of the good things that have come,  
then through the greater and more perfect tent  
(not made with hands, that is, not of this creation)  
he entered once for all into the holy places,  
not by means of the blood of goats and calves  
but by means of his own blood,  
thus securing an eternal redemption.  
For if the blood of goats and bulls, and the sprinkling  
of defiled persons with the ashes of a heifer,  
sanctify for the purification of the flesh,  
how much more will the blood of Christ,  
who through the eternal Spirit offered himself  
without blemish to God,  
purify our conscience from dead works to serve the living God.

**Lord Jesus Christ,  
you stretched out your arms of love  
on the hard wood of the Cross  
that everyone might come within the reach  
of your saving embrace: so clothe us in your Spirit  
that we, reaching forth our hands in love,  
may bring those who do not know you  
to the knowledge and love of you;  
for the honor of your Name. Amen.**

## INTERCESSIONS, THANKSGIVINGS, PETITIONS

### THE GENERAL THANKSGIVING

**Almighty God, Father of all mercies,**

**We your unworthy servants give you humble thanks**

**For all your goodness and loving kindness**

**To us and to all whom you have made.**

**We bless you for our creation, preservation,  
and all the blessings of this life;**

**but above all for your immeasurable love**

**in the redemption of the world by our Lord Jesus Christ;**

**For the means of grace and for the hope of glory.**

**And, we pray, give us such an awareness of your mercies,**

**that with truly thankful hearts**

**we may show forth your praise,**

**not only with our lips, but in our lives,**

**by giving up our selves to your service,**

**and by walking before you**

**in holiness and righteousness all our days;**

**Through Jesus Christ our Lord,**

**To whom with you and the Holy Spirit**

**Be honor and glory throughout all ages. Amen.**

### THE CALL OF CHRIST

And Jesus said to him,

“Today salvation has come to this house,  
since he also is a son of Abraham.

For the Son of Man came to seek and to save the lost.”  
“Behold, I stand at the door and knock.  
If anyone hears my voice and opens the door,  
I will come in to him and eat with him, and he with me. *REV 3:20*

Now after John was arrested, Jesus came into Galilee,  
Proclaiming the gospel of God, and saying,  
**“The time is fulfilled,  
And the kingdom of God is at hand,  
Repent and believe in the gospel.**

## BENEDICTION

To him who loves us  
and has freed us from our sins by his blood  
and made us a kingdom, priests to his God and Father,  
to him be glory and dominion forever and ever. **Amen.** *Revelation 1:5*

**For what we proclaim is not ourselves,  
but Jesus Christ as Lord,  
with ourselves as your servants for Jesus’ sake.  
For God, who said, “Let light shine out of darkness,”  
has shone in our hearts  
to give the light of the knowledge of the glory of God  
in the face of Jesus Christ.**

While you have the Light, believe in the Light,  
That you may become children of Light.  
If anyone walks in the Light, he does not stumble  
Because he sees the Light of this world.

Let us bless the Lord,  
**Thanks be to God**

All flesh is like grass  
and all its glory like the flower of grass.  
The grass withers, and the flower falls,  
but the word of the Lord remains forever.  
**And this word is the good news that was preached to you.**

We proclaim the mystery of faith,  
**Christ has died, Christ is risen, Christ will come again.**



## NONES *afternoon*

Since therefore the children share in flesh and blood,  
he himself likewise partook of the same things,  
that through death he might destroy  
the one who has the power of death, that is, the devil,  
and deliver all those who through fear of death  
were subject to lifelong slavery.

For surely it is not angels that he helps,  
but he helps the offspring of Abraham.

Therefore he had to be made like his brothers in every respect,  
so that he might become a merciful and faithful high priest  
in the service of God, to make propitiation  
for the sins of the people.

For because he himself has suffered when tempted,  
he is able to help those who are being tempted. *Hebrews 2:14-18*

Let us hold fast the confession of our hope without wavering,  
for he who promised is faithful. *Hebrews 10:19-25*

**Let us then with confidence draw near  
to the throne of grace,  
that we may receive mercy  
and find grace to help in time of need.** *Hebrews 4:16*

## I. CONFESSION *our return to this Good News*

### OPENING SENTENCE

The king is not saved by his great army;  
a warrior is not delivered by his great strength.  
The war horse is a false hope for salvation,  
And by its great might it cannot rescue.  
Behold, the eye of the LORD is on those who fear him,  
on those who hope in his steadfast love,  
that he may deliver their soul from death  
and keep them alive in famine.  
Our soul waits for the LORD; he is our help and our shield.  
For our heart is glad in him,  
because we trust in his holy name.  
Let your steadfast love, O LORD, be upon us,  
even as we hope in you. *Psalm 34:15-21*  
But I am like a green olive tree in the house of God.  
I trust in the mercy of God forever and ever. *Psalm 52:8*

**Blessed is the man who trusts in the Lord,  
whose trust is the Lord.  
He is like a tree planted by water,  
that sends out its roots by the stream,  
and does not fear when heat comes,  
for its leaves remain green,  
and is not anxious in the year of drought,  
for it does not cease to bear fruit.” *Jeremiah 17:8***

## OPENING PRAYER

Blessed Savior, at this hour you hung upon the Cross,  
stretching out your loving arms:  
Grant that all the peoples of the earth  
may look to you and be saved;  
for your tender mercies' sake. Amen.

**Lord have mercy,  
Christ have mercy  
Lord have mercy**

## CONFESSION OF SIN

Almighty God, to you all hearts are open,  
all desires known, and from you no secrets are hid.  
Cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Jesus Christ our Lord. Amen.

**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 neighbors 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.**

#### REQUEST FOR ABSOLUTION

For our self pity and impatience  
For bitterness and resentment  
For uncharitable thoughts toward our neighbors  
For prejudice and contempt of others  
**Lord have mercy upon us for we have sinned against you.**

Almighty God have mercy on us,  
Forgive us all our sins through our Lord Jesus Christ,  
Confirm and strengthen us in all goodness,  
And by the power of the Holy Spirit,  
Raise us up to serve you in newness of life. **Amen.**

**Create in me, a clean heart, O God.  
And renew a right spirit within me.  
Cast me not away from your presence  
And take not your Holy Spirit from me.  
Restore to me the joy of your salvation,  
and uphold me with a willing spirit.**

## ASSURANCE OF PARDON

Hear the Word of God  
to all who truly turn to Him:  
“This saying is trustworthy  
and deserving of full acceptance,  
That Christ Jesus came into the world to save sinners.” *1 Timothy 1:15*

But as it is, he has appeared once for all  
at the end of the ages to  
put away sin by the sacrifice of himself.  
But that you may know that the Son of Man  
has authority on earth to forgive sins” —he said to the paralytic—  
**“I say to you, rise, pick up your bed, and go home.”**

And the Lord said,  
“And I will betroth you to me forever.  
I will betroth you to me in righteousness and in justice,  
in steadfast love and in mercy.  
I will betroth you to me in faithfulness.  
And you shall know the LORD.”  
**My dwelling place shall be with them,  
and I will be their God, and they shall be my people.**

NEWNESS OF LIFE *optional*

For the mind that is set on the flesh is hostile to God,  
For it does not submit to God's law, indeed it cannot  
Those who are in the flesh cannot please God.  
You however are not in the flesh but in the Spirit,  
If Christ is in you, although the body is dead because of sin  
The Spirit is life because of righteousness.  
For the law of the Spirit of life  
Has set you free in Christ Jesus from the law of sin and death  
Those who belong to Christ Jesus have crucified the flesh  
With its passions and desires.  
I have been crucified with Christ.  
It is no longer I who live, but Christ who lives in me.  
If we live by the spirit, let us also keep step with the Spirit.  
But now we are released from the law,  
having died to that which held us captive,  
so that we serve in the new way of the Spirit  
and not in the old way of the written code.  
For freedom Christ has set us free; stand firm therefore,  
And do not submit again to a yoke of slavery.

**Put on the Lord Jesus Christ**

**And make no provision for the flesh, to gratify its desires**

**Consider yourselves dead to sin and alive to God**

**In Jesus Christ our Lord.**

## II. SCRIPTURE *receiving this Good News*

The Lord said, "My sheep hear my voice

And I know them, and they follow me.

I give them eternal life.

And they will never perish.

And no one will snatch them from my hand."

The thief comes only to steal and kill and destroy.

**I come that they may have life and have it abundantly**

**I am the good shepherd, the good shepherd**

**Lays down his life for the sheep**

This is eternal life, that they know you,

The only true God,

And Jesus Christ whom you have sent.

These are written

so that you may believe Jesus is the Christ the Son of God

And that by believing you may have life in His Name

Everyone who believes in Him

Receive the forgiveness of sins through His name.

the righteousness of God

through faith in Jesus Christ for all who believe.

**Once you were not a people, now you are God's people**

**Once you had not received Mercy,**

**now you have received Mercy**

**For you were straying like sheep,**

**but have now returned**

**to the Shepherd and Overseer of your Souls.**

## PSALMS

Send out your light and your truth,  
That they may lead me,  
and bring me to your holy hill  
And to your dwelling.  
My soul clings to you  
Your right hand upholds me.  
**My flesh and my heart may fail,  
But God is the strength of my heart,  
And my portion forever.**

*After the Psalm*

**Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning, is now,  
and ever shall be, world without end. Amen.**

## GOSPELS AND EPISTLES *choose one or more*

Conduct yourselves with fear throughout the time of your exile,  
Knowing that you were ransomed  
From the futile ways inherited from your forefathers  
Not with perishables things such as silver or gold  
But with the precious blood of Christ  
Without blemish or spot  
He was foreknown before the foundation of the world  
But was made manifest in the last times  
For the sake of you who through Him are believers in God,

**Who raised Him from the dead and gave him glory,  
So that your faith and hope are in God.**

When the goodness and loving kindness  
of God our Savior appeared,  
He saved us, not because of works done by us in righteousness,  
but according to his own mercy,  
by the washing of regeneration and renewal of the Holy Spirit,  
whom he poured out on us richly  
Through Jesus Christ our Savior,  
so that being justified by his grace  
we might become heirs according to the hope of eternal life.

**For our sake he made him to be sin who knew no sin  
So that in him we might become  
The righteousness of God.**

**For all have sinned and fallen short of the glory of God  
And are justified by his grace as a gift  
Through the redemption that is in Christ Jesus**

The Word of the Lord  
**Thanks be to God**

## CANTICLE

Splendor and honor and kingly power  
are yours by right, O Lord our God,  
For you created everything that is,  
and by your will they were created and have their being;  
And yours by right, O Lamb that was slain,  
for with your blood you have redeemed for God,  
From every family, language, people, and nation,  
a kingdom of priests to serve our God.  
And so, to him who sits upon the throne,  
and to Christ the Lamb,  
Be worship and praise, dominion and splendor,  
for ever and for evermore. *Revelation 4:11, 5:9-10, 13*

**With your constant love**

**You led the people you redeemed**

**You brought them in safety to your holy dwelling**

TE DEUM LAUDAMUS

**You are God: we praise you;  
You are the Lord: we acclaim you  
You are the eternal Father: All creation worships you.  
To you all angels, all the powers of heaven,  
Cherubim and Serpahim, sing in endless praise:  
Holy, holy, holy Lord, God of power and might.  
Heaven and earth are full of your glory  
The glorious company of apostle praise you  
The white robed army of martyrs praise you.  
Throughout the world the holy church acclaim you;  
Father, of majesty unbounded,  
Your true and only Son, worthy of all worship,  
And the Holy Spirit, advocate and guide.  
You, O Christ, are the king of glory.  
The only Son of the Father.  
When you took on flesh to set us free.  
You humbly chose the virgins womb.  
You overcame the sting of death.  
And opened the kingdom of heaven to all believers.  
Come then Lord and help your people.  
Bought with price of your own blood.  
And bring us with your saints to glory everlasting.**

III. PRAYER *staying with this Good News*

The Lord be with you

**And also with you**

Let us pray

Jesus, Lamb of God,

**Have Mercy on us,**

Jesus bearer of our sins,

**Have Mercy on us,**

Jesus, redeemer of the world,

**Give us your peace.**

Now as our Savior Jesus Christ taught us,

We are bold to pray,

**Our Father, who art in heaven,**

**hallowed be thy Name,**

**thy kingdom come, thy will be done,**

**on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

**as we forgive those who trespass against us.**

**And lead us not into temptation,**

**but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory,**

**for ever and ever. Amen.**

## THE SUFFRAGES

O Lord, arise and help us;

**And deliver us for your Name's sake.**

From our enemies defend us, O Christ;

**Graciously behold our afflictions.**

With pity behold the sorrows of our hearts;

**Mercifully forgive the sins of your people.**

With favor hear our prayers;

**O Son of David, have mercy upon us.**

Heavenly Father, you have promised  
to hear what we ask in the Name of Your Son:  
Accept and fulfill our petitions, we pray,  
not as we ask in our ignorance,  
nor as we deserve in our sinfulness,  
but as you know and love us  
in your Son Jesus Christ our Lord. **Amen.**

## PRAYER OF THE DAY

For all the promises of God find their Yes in Him.

That it is why it is through him

that we utter our Amen to God For his glory.

And it God who establishes us with you in Christ

And has anointed us, and who has also put his seal on us.

And given us His Spirit in our hearts as a guarantee.

**For through the Spirit, by faith,**

**We ourselves eagerly await the hope of righteousness.**

O Lord God, grant your people grace  
to withstand the temptations  
of the world, the flesh, and the devil,  
and with pure hearts and minds to follow you,  
the only God; through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

#### PRAYER FOR MISSION

When my soul was embittered, when I was pricked in heart,  
I was brutish and ignorant; I was like a beast toward you.  
Nevertheless, I am continually with you;  
You hold my right hand. You guide me with your counsel,  
and afterward you will receive me to glory.  
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.

**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.**

INTERCESSION, PETITIONS, THANKSGIVINGS, *silently or aloud*

### PRAYER OF ST. JOHN CHRYSOSTOM

Almighty God, you have given us such grace  
At this time, with one accord,  
To make our common supplications to you,  
And you have promised us through your well beloved Son  
That when two or three are gathered in His Name  
You will be in the midst of them:  
Fulfill now, O Lord, our desires and petitions  
As may be best for us, granting us in this world  
Knowledge of your truth,  
And in the age to come, life everlasting. **Amen.**

### THE CALL OF CHRIST

The Lord said,  
“Peace I leave with you; my peace I give to you.  
Not as the world gives do I give to you.  
Let not your hearts be troubled, neither let them be afraid.”  
“If anyone would come after me,  
let him deny himself and take up his cross and follow me.  
For whoever would save his life will lose it,  
but whoever loses his life

for my sake and the gospel's will save it.” *Matthew 16:24*

Now after John was arrested, Jesus came into Galilee,

Proclaiming the gospel of God, and saying,

**“The time is fulfilled, and the kingdom of God is at hand,  
Repent and believe in the gospel.**

## BENEDICTION

They have washed their robes

and made them white in the blood of the Lamb.

Therefore they are before the throne of God,

and serve him day and night in his temple;

and he who sits on the throne

will shelter them with his presence.

They shall hunger no more, neither thirst anymore;

the sun shall not strike them, nor any scorching heat.

For the Lamb in the midst of the throne

will be their shepherd, and he will guide them

to springs of living water, and God will wipe away

every tear from their eyes. **Amen.** *Revelation 7:15-17*

**For what we proclaim is not ourselves,**

**but Jesus Christ as Lord,**

**with ourselves as your servants for Jesus' sake.**

**For God, who said, “Let light shine out of darkness,”**

**has shone in our hearts**

**to give the light of the knowledge of the glory of God**

**in the face of Jesus Christ.**

While you have the Light, believe in the Light,  
That you may become children of Light.  
If anyone walks in the Light, he does not stumble  
Because he sees the Light of this world.

Let us bless the Lord,  
**Thanks be to God**

All flesh is like grass  
and all its glory like the flower of grass.  
The grass withers, and the flower falls,  
but the word of the Lord remains forever.  
**And this word is the good news that was preached to you.**

We proclaim the mystery of faith,  
**Christ has died, Christ is risen, Christ will come again.**



## VESPERS *evening*

But on the other hand, a better hope is introduced,  
through which we draw near to God.  
For we have come to share in Christ,  
If indeed we hold fast our original confidence until the end.  
We who have fled for refuge might have strong encouragement  
To hold fast to the hope set before us,  
We have this as a sure and steadfast anchor of the soul,  
A hope that enters into the inner place behind the curtain,  
Where Jesus has gone as a forerunner on our behalf.  
He holds his priesthood permanently,  
because he continues forever.  
Consequently, he is able to save to the uttermost  
Those who draw near to God through him,  
since he always lives to make intercession for them. *Hebrews 7*

**Let us then with confidence draw near  
to the throne of grace,  
that we may receive mercy  
and find grace to help in time of need.** *Hebrews 4:16*

## I. CONFESSION *out return to this Good News*

### OPENING ACCLAMATION

Trust in the LORD, and do good;  
dwell in the land and befriend faithfulness.

Delight yourself in the LORD,  
and he will give you the desires of your heart.

Commit your way to the LORD;  
trust in him, and he will act.

He will bring forth your righteousness as the light,  
and your justice as the noonday.

Be still before the LORD and wait patiently for him *Psalm 37:3*

For through the Spirit, by faith

We ourselves wait for the hope of righteousness.

**Blessed is the man who trusts in the Lord,  
whose trust is the Lord.**

**He is like a tree planted by water,  
that sends out its roots by the stream,  
and does not fear when heat comes,  
for its leaves remain green,  
and is not anxious in the year of drought,  
for it does not cease to bear fruit.” *Jeremiah 17:8***

## OPENING PRAYER

O Gracious Light,  
pure brightness of the everliving Father in Heaven.  
O Jesus Christ, Holy and blessed.  
Now as we come to the setting of the sun.  
And our eyes behold the vesper light.  
We sing your praises O God,  
Father, Son, and Holy Spirit.  
You are worthy at all times to be praised by happy voices,  
O Son of God, O Giver of Life.  
And to be glorified through all the worlds.

**Lord have mercy,**  
**Christ have mercy**  
**Lord have mercy**

## CONFESSION OF SIN

Almighty God, to you all hearts are open,  
all desires known, and from you no secrets are hid.  
Cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Jesus Christ our Lord. Amen.

**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 neighbors 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.**

#### REQUEST FOR ABSOLUTION

From all disordered and sinful affections;  
and from all the deceits of the world, the flesh, and the devil,

**Good Lord, deliver us.**

To give us a heart to love and fear you,  
and diligently to keep your commandments,

**We beseech you to hear us, good Lord.**

Almighty God have mercy on us,  
Forgive us all our sins through our Lord Jesus Christ,  
Confirm and strengthen us in all goodness,  
And by the power of the Holy Spirit,  
Raise us up to serve you in newness of life. **Amen.**

**Create in me, a clean heart, O God.  
And renew a right spirit within me.  
Cast me not away from your presence  
And take not your Holy Spirit from me.  
Restore to me the joy of your salvation,  
and uphold me with a willing spirit.**

#### ASSURANCE OF PARDON

Hear the Word of God  
to all who truly turn to Him:

“But if anyone does sin, we have an advocate with the Father  
Jesus Christ the righteous.  
He is the propitiation for our sins.  
And not for ours only, but also for the sins of the whole world.”

But as it is, he has appeared once for all  
at the end of the ages to  
put away sin by the sacrifice of himself.

“But that you may know that the Son of Man  
has authority on earth to forgive sins”—he said to the paralytic—  
**“I say to you, rise, pick up your bed, and go home.”**

The Lord said:

I will sprinkle clean water on you,  
and you shall be clean from all your uncleanness,  
and from all your idols I will cleanse you.  
And I will give you a new heart,

and a new spirit I will put within you.

And I will remove the heart of stone from your flesh  
and give you a heart of flesh.

And I will put my Spirit within you.

**My dwelling place shall be with them,  
and I will be their God, and they shall be my people.**

### NEWNESS OF LIFE *optional*

Such is the confidence that we have through Christ toward God,  
Not that we are sufficient in ourselves to claim anything  
As coming from us, but our sufficiency is from God  
Who has made us sufficient to be ministers of a new covenant  
Not of the letter but of the Spirit. For the letter kills,  
But the Spirit gives life. But I say, walk by the Spirit,  
and you will not gratify the desires of the flesh.

Present yourselves to God as  
those who have been brought from death to life,  
And your members to God as instruments for righteousness.  
For sin will have no dominion over you,  
Since you are not under law but under grace.

**The life I now live in the flesh,  
I live by faith in the Son of God  
Who loved me and gave Himself for me.  
Consider yourselves dead to sin and alive to God  
In Jesus Christ our Lord.**

## II. SCRIPTURE *receiving this Good News*

Truly, truly, I say to you, an hour is coming and is now here,  
when the dead will hear the voice of the Son of God,  
and those who hear will live.

For as the Father has life in himself,  
so he has granted the Son also to have life in himself.

This is eternal life:

that they know you the only true God

And Jesus Christ whom you have sent.

These are written

so that you may believe Jesus is the Christ the Son of God  
And that by believing you may have life in His Name.

Everyone who believes in Him

Receive the forgiveness of sins through His name.

the righteousness of God

through faith in Jesus Christ for all who believe.

**Once you were not a people, now you are God's people**

**Once you had not received Mercy,**

**now you have received Mercy**

**For you were straying like sheep,**

**but have now returned**

**to the Shepherd and Overseer of your Souls.**

## PSALMS

The Lord is my light and my salvation;  
whom then shall I fear?

The Lord is the strength of my life;  
of whom then shall I be afraid?

When the wicked, even my enemies and my foes,  
came upon me to eat up my flesh, they stumbled and fell.

Though a host were encamped against me,  
yet my heart would not be afraid,  
and though war rose up against me,  
yet would I put my trust in him.

One thing have I desired of the Lord; one thing I seek:  
that I may dwell in the house of the Lord all the days of my life,  
To behold the fair beauty of the Lord,  
and to seek him in his temple.

**My flesh and my heart may fail,  
but God is the strength of my heart  
and my portion forever.**

*After the Psalm,*

**Glory be to the Father,  
and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be, world without end. Amen.**

## GOSPELS AND EPISTLES<sup>*choose one or more*</sup>

For Christ also suffered once for sins,  
the righteous for the unrighteous,  
that he might bring us to God,  
being put to death in the flesh  
but made alive in the Spirit.  
For this is why the gospel was preached  
even to those who are dead,  
that though judged in the flesh the way people are,  
**they might live in the Spirit the way God does.**

But we ought always to give thanks to God for you,  
brothers beloved by the Lord,  
because God chose you as the firstfruits to be saved,  
Through sanctification by the Spirit and belief in the truth.  
To this he called you through our gospel,  
so that you may obtain the glory of our Lord Jesus Christ.  
**For our sake he made him to be sin who knew no sin**  
**So that in him we might become**  
**The righteousness of God.**  
**For all have sinned**  
**And fallen short of the glory of God**  
**And are justified by his grace as a gift**  
**Through the redemption that is in Christ Jesus**

The Word of the Lord

**Thanks be to God**

CANTICLE *following the lesson, choose one or more*

Lord, you now have set your servant free  
to go in peace as you have promised;  
For these eyes of mine have seen the Savior,  
whom you have prepared for all the world to see:  
A Light to enlighten the nations,  
and the glory of your people Israel. *Luke 2:29-32*

**With you constant love  
you led the people you redeemed  
You brought them in safety to you holy dwelling**

GLORIA IN EXCELSIS

**Glory to God in the highest,  
And peace to His people on earth  
Lord God, heavenly King, Almighty God and Father,  
We worship you, we give you thanks  
We praise you for your glory  
Lord Jesus Christ, only Son of the Father  
Lord God, Lamb of God  
You take away the sin of the world  
Have Mercy on us  
You are seated at the right hand of the Father,  
Receive our prayer,  
For you alone are the Holy One  
You alone are the Lord. You alone are the most High,  
Jesus Christ with the Holy Spirit,  
In the Glory of God the Father. Amen.**

III. PRAYER *staying with this Good News*

The Lord be with you

**And also with you**

Let us pray

Deliver the people, whom you have redeemed  
with your most precious blood,  
and by your mercy preserve us forever.

**Good Lord, deliver us.**

Now as our Savior Christ has taught us we are bold to pray,

**Our Father, who art in heaven,**

**hallowed be thy Name,**

**thy kingdom come, thy will be done,**

**on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

**as we forgive those who trespass against us.**

**And lead us not into temptation,**

**but deliver us from evil.**

**For thine is the kingdom, and the power,**

**and the glory, for ever and ever. Amen.**

## THE SUFFRAGES

That this evening may be holy, good, and peaceful,

**We entreat you, O Lord.**

That your holy angels may lead us in paths of peace and goodwill,

**We entreat you, O Lord.**

That we may be pardoned and forgiven for our sins and offenses,

**We entreat you, O Lord.**

That there may be peace to your Church and to the whole world,

**We entreat you, O Lord.**

That we may be bound together by your Holy Spirit in  
the communion of all your saints,

entrusting one another and all our life to Christ,

**We entreat you, O Lord.**

Heavenly Father, you have promised  
to hear what we ask in the Name of Your Son:  
Accept and fulfill our petitions, we pray,  
not as we ask in our ignorance,  
nor as we deserve in our sinfulness,  
but as you know and love us  
in your Son Jesus Christ our Lord. Amen.

## PRAYER OF THE DAY

See what kind of love the Father has given to us,  
that we should be called children of God; and so we are.  
The reason why the world does not know us  
is that it did not know him.

Beloved, we are God's children now,  
and what we will be has not yet appeared;  
but we know that when he appears we shall be like him,  
because we shall see him as he is.  
And everyone who thus hopes in him  
purifies himself as he is pure. *1 John 3:1-3*  
Now the Lord is the Spirit,  
and where the Spirit of the Lord is, there is freedom.  
And we all, with unveiled face, beholding the glory of the Lord,  
are being transformed into the same image  
from one degree of glory to another.  
For this comes from the Lord who is the Spirit. *2 Cor. 3:17*  
**For through the Spirit, by faith,  
We ourselves eagerly wait for the hope of righteousness.**

Lighten our darkness, we beseech you, O Lord;  
and by your great mercy  
defend us from all perils and dangers of this night;  
for the love of your only Son,  
our Savior Jesus Christ. **Amen.**

#### PRAYER FOR MISSION

You who once were alienated  
and hostile in mind, doing evil deeds,  
he has now reconciled in his body of flesh by his death,  
in order to present you holy and blameless  
and above reproach before him.

**Almighty God,  
you gave such grace to your apostle Andrew,  
That he readily obeyed the call of your Son Jesus Christ,  
And brought his brother with him:  
give us, who are called by your holy Word,  
Grace to follow him without delay,  
and to bring those near to us  
Into His gracious presence, who lives and reigns with you  
and the Holy Spirit, one God, now and forever. Amen.**

## INTERCESSION, THANKSGIVING, PETITIONS

### PRAYER IN THE NIGHT

**Keep watch, dear Lord,  
with those who work, or watch, or weep this night,  
and give your angels charge over those who sleep.  
Tend the sick, Lord Christ;  
give rest to the weary, bless the dying,  
soothe the suffering, pity the afflicted,  
shield the joyous; and all for your love's sake. Amen.**

### THE CALL OF CHRIST

The Lord said, "I have said these things to you,  
that in me you may have peace.  
In the world you will have tribulation.  
But take heart; I have overcome the world." *John 16:33*

Now after John was arrested, Jesus came into Galilee,  
Proclaiming the gospel of God, and saying,  
**“The time is fulfilled,  
And the kingdom of God is at hand,  
Repent and believe in the gospel.**

## BENEDICTION

And I heard a loud voice in heaven,  
saying, “Now the salvation  
and the power and the kingdom of our God  
and the authority of his Christ have come,  
For the accuser of our brothers has been thrown down,  
who accuses them day and night before our God.  
And they have conquered him  
by the blood of the Lamb and by the word of their testimony.”

**For what we proclaim is not ourselves,  
but Jesus Christ as Lord,  
with ourselves as your servants for Jesus’ sake.  
For God, who said, “Let light shine out of darkness,”  
has shone in our hearts  
to give the light of the knowledge of the glory of God  
in the face of Jesus Christ.**

While you have the Light, believe in the Light,  
That you may become children of Light.  
If anyone walks in the Light, he does not stumble  
Because he sees the Light of this world.

Let us bless the Lord,  
**Thanks be to God**

All flesh is like grass  
and all its glory like the flower of grass.  
The grass withers, and the flower falls,  
but the word of the Lord remains forever.  
**And this word is the good news that was preached to you.**

We proclaim the mystery of faith,  
**Christ has died, Christ is risen, Christ will come again**

## COMPLINE *before bed*

But you have come to Mount Zion  
And to the city of the living God, the heavenly Jerusalem  
And to the innumerable angels in festal gathering  
And to the assembly of the firstborn  
Who are enrolled in heaven,  
And to God, the judge of all  
and to the spirits of the righteous made perfect,  
And to Jesus the mediator of a new covenant.  
And to the sprinkled blood that speaks a better word  
Than the blood of Abel. *Hebrews 12:22-2*

**Let us then with confidence draw near  
to the throne of grace,  
that we may receive mercy  
and find grace to help in time of need.** *Hebrews 4:16*

## I.CONFESSION *our return to this Good News*

### OPENING ACCLAMATION

He who dwells in the shelter of the Most High  
abides under the shadow of the Almighty.

He shall say to the LORD,

"You are my refuge and my stronghold,  
my God in whom I put my trust."

**"Blessed is the man who trusts in the Lord,  
whose trust is the Lord.**

**He is like a tree planted by water,  
that sends out its roots by the stream,  
and does not fear when heat comes,  
for its leaves remain green,  
and is not anxious in the year of drought,  
for it does not cease to bear fruit."** *Jeremiah 17:8*

### OPENING PRAYER

Lord, you are in the midst of us,

and we are called by your

Name: Do not forsake us, O Lord our God.

**Lord have mercy**

**Christ have mercy**

**Lord have mercy**

## CONFESSION OF SIN

Almighty God, to you all hearts are open,  
all desires known, and from you no secrets are hid.  
Cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Jesus Christ our Lord. Amen.

**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 neighbors 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.**

## REQUEST FOR ABSOLUTION

To bring into the way of truth  
all who have erred and are deceived,  
**We beseech you to hear us, good Lord.**

Almighty God have mercy on us,  
Forgive us all our sins through our Lord Jesus Christ,  
Confirm and strengthen us in all goodness,  
And by the power of the Holy Spirit,  
Raise us up to serve you in newness of life. **Amen.**

**Create in me, a clean heart, O God.  
And renew a right spirit within me.  
Cast me not away from thy presence  
And take not thy Holy Spirit from me.  
Restore to me the joy of your salvation,  
and uphold me with a willing spirit.**

## ASSURANCE OF PARDON

Hear the Word of God  
to all who truly turn to Him:  
“Come to me, all who labor  
and are heavy laden, and I will give you rest.” *Matthew 11:28*

But as it is, he has appeared once for all  
at the end of the ages to  
put away sin by the sacrifice of himself.

But that you may know that the Son of Man  
has authority on earth to forgive sins” —he said to the paralytic—  
**“I say to you, rise, pick up your bed, and go home.”**

The Lord said,  
“And they shall be my people, and I will be their God.  
I will give them one heart and one way,  
And I will put the fear of me in their hearts,  
That they may not turn from me.  
I will rejoice in doing them good,  
And I will plant them in this land in faithfulness,  
With all my heart and all my soul.  
**My dwelling place shall be with them,  
and I will be their God, and they shall be my people.**

NEWNESS OF LIFE *optional*

And he came and preached peace  
To those we we far off and to those who were near  
For through him we both have access in one Spirit  
To the Father,  
So then you are no longer strangers and aliens,  
But you are fellow citizens with the saints  
And members of the household of God,  
Built on the same foundation of the apostles and prophets,  
Christ Jesus himself being the cornerstone,  
In whom the whole structure, being joined together,  
Grows into a holy temple in the Lord.

**In him you are also being built  
into a dwelling place for God by the Spirit.  
Consider yourselves dead to sin  
And alive to God in Jesus Christ our Lord**

## II. SCRIPTURE *trusting in Him by His Gospel*

Jesus unrolled the scroll and found the place where it was written,  
“The Spirit of the Lord is upon me,  
because he has anointed me  
to proclaim good news to the poor.  
He has sent me to proclaim liberty to the captives  
and recovering of sight to the blind,  
to set at liberty those who are oppressed,  
to proclaim the year of the Lord's favor.”  
And he rolled up the scroll  
and gave it back to the attendant and sat down.  
And the eyes of all in the synagogue were fixed on him.  
And he began to say to them,  
**“Today this Scripture has been fulfilled in your hearing.”**

This is eternal life that they know you  
The only true God  
And Jesus Christ whom you have sent  
These are written  
so that you may believe Jesus is the Christ the Son of God  
And that by believing you may have life in His Name.  
Everyone who believes in Him  
receives the forgiveness of sins in His Name  
The righteousness of God through faith in Christ  
For all who believe  
**Once you were not a people, now you are God's people  
Once you had not received Mercy,**

**now you have received Mercy  
For you were straying like sheep,  
but have now returned  
to the Shepherd and Overseer of your Souls.**

PSALM

As the deer desires the water brooks,  
so longs my soul for you, O God.  
My soul is athirst for God, even for the living God;  
when shall I come to appear before the presence of God?  
**My flesh and my heart may fail ,  
But God is the strength of my heart,  
And my portion forever**

*After the Psalm,*

**Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be, world without end. Amen.**

## GOSPEL AND EPISTLES<sup>choose one or more</sup>

As they were talking about these things,  
Jesus himself stood among them, and said to them,  
“Peace to you!” But they were startled and frightened  
and thought they saw a spirit. And he said to them,  
“Why are you troubled, and why do doubts arise in your hearts?  
See my hands and my feet, that it is I myself. Touch me, and see.  
For a spirit does not have flesh and bones as you see that I have.”  
And when he had said this,  
he showed them his hands and his feet.  
The Lord said, “These are my words that I spoke to you  
while I was still with you,”  
that everything written about me in the Law of Moses  
and the Prophets and the Psalms must be fulfilled.”  
Then he opened their minds  
to understand the Scriptures,  
and said to them, “Thus it is written,  
that the Christ should suffer and on the third day  
rise from the dead, and that repentance for the forgiveness of sins  
should be proclaimed in his name to all nations,  
beginning from Jerusalem. You are witnesses of these things.  
And behold, I am sending the promise of my Father upon you.  
**But stay in the city until you are clothed  
with power from on high.**” *Luke 24:36-39*

For the grace of God has appeared,  
bringing salvation for all people,  
training us to renounce ungodliness and worldly passions,  
and to live self-controlled, upright, and godly lives  
in the present age, waiting for our blessed hope,  
the appearing of the glory  
of our great God and Savior Jesus Christ,  
who gave himself for us to redeem us from all lawlessness  
and to purify for himself a people for his own possession  
who are zealous for good works.

**For our sake He made him to be sin who knew no sin  
That we might become the righteousness of God  
For all have sinned and fallen short of the glory of God  
And are justified by His grace as a gift,  
Through the redemption that is in Christ Jesus.**

The Word of the Lord

**Thanks be to God**

## CANTICLE

Alleluia. Christ our Passover has been sacrificed for us;  
therefore let us keep the feast,

Not with the old leaven, the leaven of malice and evil,  
but with the unleavened bread  
of sincerity and truth. Alleluia.

Christ, being raised from the dead will never die again;  
death no longer has dominion over him.

The death that he died, he died to sin, once for all;  
but the life he lives, he lives to God.

So also consider yourselves dead to sin, and alive to God  
in Jesus Christ our Lord. Alleluia.

Christ has been raised from the dead,  
the firstfruits of those who have fallen asleep.

For since by a man came death,  
by a man has come also the resurrection of the dead.

For as in Adam all die,  
so also in Christ shall all be made alive. Alleluia.

**With your constant love**

**You led the people you redeemed**

**You brought them in safety to your holy dwelly**

**BENEDICTUS ES DOMINE**

**Glory to you, Lord God of our fathers;**

**you are worthy of praise; glory to you.**

**Glory to you for the radiance of your holy Name;**

**we will praise you and highly exalt you for ever.**

**Glory to you in the splendor of your temple;**

**on the throne of your majesty, glory to you.**

**Glory to you, seated between the Cherubim;**

**we will praise you and highly exalt you for ever.**

**Glory to you, beholding the depths;**

**in the high vault of heaven, glory to you.**

**Glory to you, Father, Son, and Holy Spirit;**

**we will praise you and highly exalt you for ever.**

### III. PRAYER *staying with this Good News*

The Lord be with you

**And also with you**

Let us pray

Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold; \*  
for the sake of your Name, lead me and guide me.  
**Take me out of the net that they have secretly set for me,  
for you are my tower of strength.**

As our savior Christ has taught we are bold to pray,

**Our Father, who art in heaven,**

**hallowed be thy Name,**

**thy kingdom come, thy will be done,**

**on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

**as we forgive those who trespass against us.**

**And lead us not into temptation,**

**but deliver us from evil.**

**For thine is the kingdom, and the power,**

**and the glory, for ever and ever. Amen.**

## THE SUFFRAGES

Into your hands, O Lord, I commend my spirit;  
**For you have redeemed me, O Lord, O God of truth.**  
Keep us, O Lord, as the apple of your eye;  
**Hide us under the shadow of your wings.**

Heavenly Father, you have promised  
to hear what we ask in the Name of Your Son:  
Accept and fulfill our petitions, we pray,  
not as we ask in our ignorance,  
nor as we deserve in our sinfulness,  
but as you know and love us  
in your Son Jesus Christ our Lord. Amen.

## PRAYER OF THE DAY

Therefore, since we have been justified by faith,  
we have peace with God through our Lord Jesus Christ.  
Through him we have also obtained access by faith  
into this grace in which we stand,  
and we rejoice in hope of the glory of God Not only that,  
but we rejoice in our sufferings,  
knowing that suffering produces endurance,  
and endurance produces character,  
and character produces hope,  
and hope does not put us to shame,  
because God's love has been poured into our hearts  
through the Holy Spirit who has been given to us.

Thanks be to God who gives us the victory  
Through our Lord Jesus Christ  
**For through the Spirit, by faith**  
**We ourselves eagerly wait for the hope of righteousness**

Lighten our darkness, we beseech you, O Lord;  
and by your great mercy  
defend us from all perils and dangers of this night;  
for the love of your only Son,  
our Savior Jesus Christ. **Amen.**

#### PRAYER FOR MISSION

Now to him who is able to keep you from stumbling  
and to present you blameless  
before the presence of his glory  
with great joy, to the only God, our Savior,  
through Jesus Christ our Lord,  
be glory, majesty, dominion, and authority,  
before all time and now and forever. Amen.

**Guide us waking O Lord and guard us sleeping**  
**That awake we may watch with Christ**  
**And asleep we may rest in peace.**

## THE CALL OF CHRIST

The Lord said

You will be sorrowful, but your sorrow will turn into joy.  
When a woman is giving birth, she has sorrow  
because her hour has come,  
but when she has delivered the baby,  
she no longer remembers the anguish,  
for joy that a human being has been born into the world.  
So also you have sorrow now, but I will see you again,  
and your hearts will rejoice, and no one will take your joy from you

Now after John was arrested, Jesus came into Galilee,  
Proclaiming the gospel of God, and saying,  
**“The time is fulfilled,  
And the kingdom of God is at hand,  
Repent and believe in the gospel.**

## BENEDICTION

Blessed are those who wash their robes,  
so that they may have the right to the tree of life  
and that they may enter the city by the gates.  
The Spirit and the Bride say, “Come.”  
And let the one who hears say, “Come.”  
And let the one who is thirsty come;  
let the one who desires take the water of life without price.  
He who testifies to these things says, “Surely I am coming soon.”  
Amen. Come, Lord Jesus! *Revelation 22:14,17,20*

**For what we proclaim is not ourselves,  
but Jesus Christ as Lord,  
with ourselves as your servants for Jesus' sake.  
For God, who said, "Let light shine out of darkness,"  
has shone in our hearts  
to give the light of the knowledge of the glory of God  
in the face of Jesus Christ.**

While you have the Light, believe in the Light,  
That you may become sons of Light.  
If anyone walks in the Light, he does not stumble  
Because he sees the Light of this world.

All flesh is like grass  
and all its glory like the flower of grass.  
The grass withers, and the flower falls,  
but the word of the Lord remains forever.  
**And this word is the good news that was preached to you.**

We proclaim the mystery of faith,  
**Christ has died, Christ is risen, Christ will come again.**