

## Common Daily Bible Readings

Blessings to you as you embark on a journey of daily Bible reading!

It is our hope that this shared discipline will bring us all into closer communion with God and with one another. We recommend finding a forum in which to share your reflections on the readings, whether that is Sunday school, a small group, or an on-line community. This will bring extra richness to your experience of the scriptures.

To use this guide, find the current week in the column on the left-hand side. There is a Psalm (or part of a Psalm) for each week. We encourage you to read the Psalm every day, so that eventually it will feel very familiar. Then, there is a brief passage from another book of the Bible listed for each day of the week. They build up during the week, so that you can easily catch up if you miss a day. As we move through this three-year cycle, we will eventually read the whole New Testament and important selections from the Old Testament.

We encourage you to spend some time in prayer before or after you read the scriptures. There are numerous suggestions for this included in this booklet. Blessings!

## Some Prayer Practices You Might Try

Try using one of these prayer practices each day as you complete your reflection on the Common Daily Bible Reading. You might try one for a week or two until you find one that works well for you. If it's no longer working, try another one!

### The Lord's Prayer

Use the traditional version or this more modern one.

*Our Father in heaven, holy is Your name. Your kingdom come; Your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins as we forgive those who sin against us. Keep us from temptation, and protect us from all evil. For yours is the kingdom, and the power, and the glory, forever. Amen.*

### Three-Line Breath Prayer

You can do this prayer with beads or without. Silently pray each line as you breathe in and out. (If using beads, move to the next bead on the attention breath.)

Breathing In: *(Silent attention to God)*

Breathing Out: **“Lord, have mercy.”**

Breathing In: **“Thee I adore.”** (Or “You I adore.”)

Breathing Out: **“Into Thy hands.”**  
(Or “Into Your Hands”)

### Journaling

You can say anything to God in a journal. You can reflect on the scripture readings in a journal. Don't worry about making sense or spelling things right, just write a letter to God or use your journal to remind yourself what you're learning from God.

## List Prayer

A variation on journaling. You can put different things into a list: People who need God's blessing – just list their names – God will know what they need. All the things that are stressing you out – then hand them over to God. The particulars, pros and cons of a decision you're trying to make – so the Spirit can guide you.

## PenteCOST Prayer

You can do this alone or out loud with the whole family.

**Pente = Praise x 5** – Think of at least five things you want to praise God for.

**C = Confession** – What do you need to say you're sorry for and ask forgiveness?

**O = Others** – Who do you know that needs God's blessing?

**S = Self** – What blessings do you need from God?

**T = Thanksgiving** – Finish up with thanking God some more.

## Prayer of St. Francis

*Lord, make me an instrument of your peace.*

*Where there is hatred, let me sow love,*

*Where there is injury, pardon,*

*Where there is doubt, faith,*

*Where there is despair, hope,*

*Where there is darkness, light,*

*Where there is sadness, joy.*

*O Divine Master, grant that I may not so much  
seek to be consoled, as to console,  
not so much to be understood as to understand,  
not so much to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
it is in dying that we awake to eternal life.*

## Serenity Prayer

*God, grant me the serenity to accept the things I  
cannot change; the courage to change the things I  
can, and the wisdom to know the difference.*

## Doxology

The song of praise we sing after the Offering in Sunday worship.

*Praise God from whom all blessings flow;  
Praise him all creatures here below;  
Praise him above, ye heavenly host;  
Praise Father, Son and Holy Ghost!*

Or

*Praise God from whom all blessings flow;  
Praise God all creatures here below;  
Praise God above, ye heavenly host;  
Creator, Christ and Holy Ghost!*

## Gloria

The song of praise we use after the Assurance of Pardon in Sunday worship.

*Gloria, gloria, in excelsis Deo!  
Gloria, gloria, alleluia, alleluia!*

## Lectio Divina

This is a way to pray while you're reading the scripture. Read the passage out loud, slowly, inviting God to speak to you through those words. Sit in silent prayer for a few moments. Then, read it again and pay attention to which words stick out to you. Contemplate those phrases or ideas. Then read the scripture passage one more time, listening for any final words that might speak to you. This is an especially good method of prayer to use with the Psalms.