

## Anglicanism: The Book of Common Prayer

### THE LINK

*Devotional Living  
Guide, February 8,  
2009*

**Sugar River United  
Methodist Church**

**Prayer Link**  
*Prayers for the  
community*

#### **Praise & Thanksgiving**

Building Team

#### **Pray for healing...**

Jim Vander Pas-heart  
surgery

#### **Pray for...**

Missionaries abroad

A spirit of prayer to  
permeate Sugar River

*E-Prayer Chain: A group  
of people have covenanted  
to pray for special  
requests they receive  
periodically via e-mail.  
Please send your request  
to Marian M. Pagan  
**romali@sbcglobal.net**  
(Quicker response and  
more confidential)*

*Prayer Link Listing: If you  
would like to have your  
concern listed in this  
weekly publication, please  
contact the church office:  
**sugarriverumc@tds.net**  
or call 845-5855*

**Inspirational  
Thoughts Link**  
*& insights from  
Worship*

*Psalm 119:164 Seven times a day I praise you for your righteous  
ordinances.*

*Luke 5:15 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. 16 But he would withdraw to deserted places and pray.*

*1 Thessalonians 5:16 Rejoice always, 17 pray without ceasing, 18 give  
thanks in all circumstances; for this is the will of God in Christ Jesus for  
you.*

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**The Word  
Link**  
*Study guide*

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This week we have prepared the Study Guide with the idea that you would use it to help you observe three of the daily offices of prayer from the Episcopal tradition: Morning, Mid-day and Bedtime prayers. As you use these, remember the idea of *lex orandi: lex credendi* – your faith is shaped by your prayers, and your prayers should be shaped by your faith. Episcopalians and Catholics use the Psalms as an important tool in daily prayer, and so each day you will be directed to pray and to read the Psalms. May you be blessed as you practice the discipline of praying the daily offices!

**Monday, February 9** – Lauds (morning): Begin with a prayer of thanksgiving for the day, read Psalm 1, pray that you might be like the

one who delights in the law of the Lord, **read Matthew 5:13-16**, and pray that you might be salt and light today. Invite God to guide and use you today, lift up your needs to the Lord, and then conclude your prayer time with the Lord's Prayer.

Sext (mid-day): Give thanks for your meal and for the morning that has passed. **Read Psalm 2**. Focus on final line of the Psalm. What does this mean for you?

Compline (bed-time): Thank God for the day – for the blessings. Pause to consider anything in the day for which you need God's forgiveness, or help in order to learn from your experiences and live differently tomorrow. **Read Psalm 3 aloud, focusing on verses 3-5.**

**Tuesday, February 10--** Lauds (morning): Begin with a prayer of thanksgiving for the day, then **read Psalm 5**. How do verses 4, 5 and 6 call you to live today? Read again verses 11-12 and pray that you might be like the one who takes refuge in God.

Sext (mid-day): Give thanks for your meal and for the morning that has passed. **Read Psalm 6**. Have you ever felt as the Psalmist does in this prayer? Note the confidence of verse 9.

Compline (bed-time): Thank God for the day – for the blessings. Pause to consider anything in the day for which you need God's forgiveness, or help in order to learn from your experiences and live differently tomorrow. **Read Psalm 4 aloud**. Are there any false gods in your life? Note the Psalm began with the Psalmist in fear – but what has changed in verse 8?

**Wednesday, February 11 -** Lauds (morning): Begin with a prayer of thanksgiving for the day and for God's goodness, then **read Psalm 9:1-11**. How do verses 1 and 2 call you to live today? Pray that God will help you live these words today. Lift up your concerns to God.

Sext (mid-day): Give thanks for your meal and for the morning that has passed. **Read Psalm 7:1-10**. Have you ever felt as though enemies were seeking to wound you? Invite God to search your mind, to be your shield, and then read aloud verse 17.

Compline (bed-time): Thank God for the day – for the blessings. Pause to consider anything in the day for which you need God's forgiveness, or help in order to learn from your experiences and live differently tomorrow. Step outside and look up at the stars, then **read Psalm 8 aloud**.

**Thursday, February 12--** Lauds (morning): Begin with a prayer of thanksgiving for the day and for God's goodness, then **read Psalm 18:25-36 and verse 46**. How do verses 25-27 call you to live today? Pray that you can live this way. Lift up your concerns to the Lord.

Sext (mid-day): Give thanks for your meal and for the morning that has passed. **Read Psalm 25:1-11**. Invite God to guide you in his truth and to direct your path the rest of the day.

Compline (bed-time): Thank God for the day – for the blessings. Pause to consider anything in the day for which you need God's forgiveness, or help in order to learn from your experiences and live differently tomorrow. **Read Psalm 16 aloud**.

**Friday, February 13--** Lauds (morning): Begin with a prayer of thanksgiving for the day and for God's goodness, then **read Psalm 100**. **Read Romans 12** and pray that you can live this way. Lift up your concerns to the Lord ending with the Lord's Prayer.

Sext (mid-day): Give thanks for your meal and for the morning that has passed. **Read Psalm 23** making this your prayer.

Compline (bed-time): Thank God for the day – for the blessings. Pause to consider anything in the day for which you need God's forgiveness, or help in order to learn from your experiences and live differently tomorrow. **Read Psalm 103 aloud**. Which of these verses speaks most clearly to you tonight as you pray?

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**I feel led by God to...**\_\_\_\_\_

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