

Prayer
Journal

ST. LUKE'S SUMMER 2022



Dear St. Luke's Family and Friends,

Our mission at St. Luke's is to reflect God's love, deepen people's connection to Christ and show compassion to all in a way that changes lives. This prayer journal is offered to you with the intention of helping you deepen your connection to Christ so you can grow in spirit and in love, and then reflect that love in the world.

Each of the Psalms in this journal are Psalms we are working with in our *Summer of Psalms* series, and this journal will give you an opportunity to engage with the text at a more personal and prayerful level.

May these sacred words speak to your heart, and may God reveal wonderful things to you through them.

**Blessings for Your Summer,
Rev. Michele**

June 12: PSALM 139:1-18, NRSV

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

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

Where can I go from your spirit?
Or where can I flee from your presence?
If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
If I take the wings of the morning
and settle at the farthest limits of the sea,
even there your hand shall lead me,
and your right hand shall hold me fast.
If I say, 'Surely the darkness shall cover me,
and the light around me become night',
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.

Blessings For:

June 19: Psalm 62

Truly my soul finds rest in God;
my salvation comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?
Surely they intend to topple me
from my lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.

Yes, my soul, find rest in God;
my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.
My salvation and my honor depend on God[c];
he is my mighty rock, my refuge.
Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.
Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

One thing God has spoken,
two things I have heard:
“Power belongs to you, God,
and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

Prayers for:

June 26: Psalm 78 1-8, 69-72

Give ear, O my people, to my teaching;
incline your ears to the words of my mouth.

I will open my mouth in a parable;
I will utter dark sayings from of old,
things that we have heard and known,
that our ancestors have told us.

We will not hide them from their children;
we will tell to the coming generation
the glorious deeds of the LORD, and his might,
and the wonders that he has done.

He established a decree in Jacob,
and appointed a law in Israel,
which he commanded our ancestors
to teach to their children;
that the next generation might know them,
the children yet unborn,
and rise up and tell them to their children,
so that they should set their hope in God,
and not forget the works of God,
but keep his commandments;
and that they should not be like their ancestors,
a stubborn and rebellious generation,
a generation whose heart was not steadfast,
whose spirit was not faithful to God.

He built his sanctuary like the high heavens,
like the earth, which he has founded forever.
He chose his servant David
and took him from the sheepfolds;
from tending the nursing ewes he brought him
to be the shepherd of his people Jacob,
of Israel, his inheritance.
With upright heart he tended them
and guided them with skillful hand.

Grace For:

July 3: PSALM 100, NRSV

Make a joyful noise to the Lord, all the earth.

Worship the Lord with gladness;
come into his presence with singing.

Know that the Lord is God.

It is he that made us, and we are his;
we are his people, and the sheep of his pasture.

Enter his gates with thanksgiving,
and his courts with praise.

Give thanks to him, bless his name.

For the Lord is good;
his steadfast love endures forever,
and his faithfulness to all generations.

Courage For:

July 10: Psalm 82

God has taken his place in the divine council;
in the midst of the gods he holds judgment:

“How long will you judge unjustly
and show partiality to the wicked? Selah
Give justice to the weak and the orphan;
maintain the right of the lowly and the destitute.
Rescue the weak and the needy;
deliver them from the hand of the wicked.”

They have neither knowledge nor understanding;
they walk around in darkness;
all the foundations of the earth are shaken.

I say, “You are gods,
children of the Most High, all of you;
nevertheless, you shall die like mortals
and fall like any prince.”

Rise up, O God, judge the earth,
for all the nations belong to you!

Wonder For:

July 17: Psalm 52

Why do you boast, O mighty one,
of mischief done against the godly?
All day long you are plotting destruction.
Your tongue is like a sharp razor,
you worker of treachery.

You love evil more than good
and lying more than speaking the truth. Selah
You love all words that devour,
O deceitful tongue.

But God will break you down forever;
he will snatch and tear you from your tent;
he will uproot you from the land of the living. Selah

The righteous will see and fear
and will laugh at the evildoer, saying,
“See the one who would not take
refuge in God
but trusted in abundant riches
and sought refuge in wealth!”

But I am like a green olive tree
in the house of God.
I trust in the steadfast love of God
forever and ever.
I will thank you forever
because of what you have done.
In the presence of the faithful
I will proclaim your name, for it is good.

Blessings For:

July 24: Psalm 34, 1-18

I will always praise the Lord.
With all my heart,
I will praise the Lord.
Let all who are helpless,
listen and be glad.
Honor the Lord with me!
Celebrate his great name.

I asked the Lord for help,
and he saved me
from all my fears.
Keep your eyes on the Lord!
You will shine like the sun
and never blush with shame.
I was a nobody, but I prayed,
and the Lord saved me
from all my troubles.

If you honor the Lord,
his angel will protect you.
Discover for yourself
that the Lord is kind.
Come to him for protection,
and you will be glad.

Honor the Lord!
You are his special people.
No one who honors the Lord
will ever be in need.
Young lions may go hungry
or even starve,
but if you trust the Lord,
you will never miss out
on anything good.

Come, my children, listen
as I teach you
to respect the Lord.
Do you want to live
and enjoy a long life?
Then don't say cruel things
and don't tell lies.
Do good instead of evil
and try to live at peace.

If you obey the Lord,
he will watch over you
and answer your prayers.
But God despises evil people,
and he will wipe them all
from the earth,
till they are forgotten.
When his people pray for help,
he listens and rescues them
from their troubles.
The Lord is there to rescue
all who are discouraged
and have given up hope.

Prayers For:

July 31: Psalm 57

God Most High, have pity on me!

Have mercy. I run to you
for safety.

In the shadow of your wings,
I seek protection
till danger dies down.

I pray to you, my protector.
You will send help from heaven
and save me,
but you will bring trouble
on my attackers.
You are faithful,
and you can be trusted.

My enemies are fierce,
much worse than lions!
They have spears and arrows
instead of teeth,
and they have sharp swords
instead of tongues.

May you, my God, be honored
above the heavens;
may your glory be seen
everywhere on earth.

Enemies set traps for my feet
and struck me down.
They dug a pit in my path,
but fell in it themselves.
I am faithful to you,
and you can trust me.

I will sing and play music
for you, my God.
I feel wide awake!
I will wake up my harp
and wake up the sun.
I will praise you, Lord,
for everyone to hear,
and I will sing hymns to you
in every nation.
Your love reaches higher
than the heavens;
your loyalty extends
beyond the clouds.

May you, my God, be honored
above the heavens;
may your glory be seen
everywhere on earth.

Grace for:

August 7: Psalm 46

God is our refuge and strength,
an ever-present help in trouble.

Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.

There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

God is within her, she will not fall;
God will help her at break of day.
Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.

The Lord Almighty is with us;
the God of Jacob is our fortress.
Come and see what the Lord has done,
the desolations he has brought on the earth.
He makes wars cease
to the ends of the earth.

He breaks the bow and shatters the spear;
he burns the shields with fire.
He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."

The Lord Almighty is with us;
the God of Jacob is our fortress.

Courage for:

August 14: Psalm 84

How lovely is your dwelling place,
O Lord of hosts!
My soul longs, indeed it faints
for the courts of the Lord;
my heart and my flesh sing for joy
to the living God.

Even the sparrow finds a home,
and the swallow a nest for herself,
where she may lay her young,
at your altars, O Lord of hosts,
my King and my God.
Happy are those who live in your house,
ever singing your praise.

Happy are those whose strength is in you,
in whose heart are the highways to Zion.
As they go through the valley of Baca
they make it a place of springs;
the early rain also covers it with pools.
They go from strength to strength;
the God of gods will be seen in Zion.

O Lord God of hosts, hear my prayer;
give ear, O God of Jacob!
Behold our shield, O God;
look on the face of your anointed.

For a day in your courts is better
than a thousand elsewhere.

I would rather be a doorkeeper in the house of my God
than live in the tents of wickedness.

For the Lord God is a sun and shield;
he bestows favour and honour.

No good thing does the Lord withhold
from those who walk uprightly.

O Lord of hosts,
happy is everyone who trusts in you.

Wonder for:

