

Prayer Calendar

August 2019

Openings to God

“Our hearts are restless till they find rest in Thee.” The words of Saint Augustine shape the invitation of the theme of the Prayer Calendar. You are invited to come close to God through reading the Psalms: lament, praise, and thanksgiving, and practicing many forms of prayer. Open your mind and your heart to the Holy and live in the presence of the sacred. All scripture is taken from the Common English Bible. (CEB)

Thursday, August 1

Psalm 3:5 | I lie down, sleep and wake up because the LORD helps me.

~ Lord of Life, you sustain me in my sleeping and when I wake through every breath. Every breath is a prayer so I will pay attention to my breathing today.

Friday, August 2

Psalm 4:8 | I will lie down and fall asleep in peace because you alone, LORD let me live in safety.

~ Loving God, I trust you to hear the cries of my heart and my hurt and pain. As I breathe deeply I release my fears to you today.

Saturday, August 3

Psalm 5:3 | LORD in the morning you hear my voice. In the morning I lay it all out before you. Then I wait expectantly.

~ Lord God, as I open my eyes each morning I offer my day to you. As I breathe in and out I am reminded of your gift of life to me. Today _____.

Sunday, August 4

Psalm 6:9 | The LORD has listened to my request. The LORD accepts my prayer.

~ Gracious God, You listen to me, now still my heart and my mind and help me listen to you. As I slowly breathe in and out I know you are with me in this moment.

Monday, August 5

Psalm 7:17 | But I will thank the LORD for his righteousness; I will sing praises to the name of the LORD Most High.

~ LORD Most High, I use my breath of life to sing praises today. I sing with my heart and soul!

“Holy, Holy, Holy! Lord God Almighty”
(UMH 64)

Tuesday, August 6

Psalm 8: | LORD, our Lord, how majestic is your name throughout the earth!

~ Creator of All, I am in awe of all your works. Today I with every breath I give thanks and praise for: _____!

Wednesday, August 7

Psalm 9:1 | I will thank you, LORD, with all my heart; I will talk about all your wonderful acts.

~ Giving God, Today I will express gratitude for each experience, each person I meet and every breath I take, knowing I am yours and that you love me.

Thursday, August 8

Psalm 10:17 | LORD, you listen to the desires of those who suffer. You steady their hearts; you listen closely to them to establish justice...

~ Christ Jesus, I lift up to you today those who suffer. The orphan and the oppressed: _____.

Friday, August 9

Psalm 11:1a | I have taken refuge in the LORD.

~ Loving God, you give strength and blessing to those who are weary and afraid. I lay down all my fears and those things that cause chaos in my life. _____.

Keep me aware of your action in my life and the lives of others as I walk through my neighborhood and pray for this community.

Saturday, August 10

Psalm 12:7 | You LORD, will keep us, protecting us from this generation forever.

~ Gracious God, in the large and small ordinariness of life you are present. Today give me awareness of your presence and compassion as you care for all as I give in a significant way to others.

Sunday, August 11

Psalm 13:3a | Look at me! Answer me, LORD my God! Restore sight to my eyes!

~ My God, do you really see me? Am I important to you? Let me see and be aware of your presence in my life. Let me see others that are unseen as I pray for them: _____.

Monday, August 12

Psalm 14:1a | Fools say in their hearts, there is no God.

~ Loving God, help me remain mindful today that you dwell all around and within me and that you are as close as my very breath. In this moment I breathe in the presence of your Holy Spirit.

Tuesday, August 13

Psalm 15:1 | Who can live in your tent, LORD? Who can dwell on your holy mountain?

~ Gracious God, today give me awareness of a soul friend that can companion me on this journey of faith and life. I want to be among those who

Wednesday, August 14

Psalm 16:5 | You, LORD, are my portion, my cup; you control my destiny.

~ Loving God, I am confident and assured that I don't have to control everything because you are leading me as I trust you. Today I let go of: _____

Thursday, August 15

Psalm 17:1 | Listen to what's right, LORD; pay attention to my cry! Listen closely to my prayer; it's spoken by lips that don't lie.

~ Holy One, today I give you my deepest needs, my longings and desires and I am confident that you will listen. _____

_____. I sing "Amazing Grace" with assurance and joy. (UMH 378)

Friday, August 16

Psalm 18:1 | The LORD is my solid rock, my fortress, rescuer. My God is my rock – I take refuge in him! – he's my shield, my salvation's strength, my place of safety.

~ My Rock, whatever trials I face, I cling to you and know that you hold me. I sing of your strength today: “How Firm a Foundation.” (UMH 529)

Saturday, August 17

Psalm 19:14 | Let the words of my mouth and the meditations of my heart be pleasing to you, LORD, my rock and my redeemer.

~ Blessed Redeemer, you know every word I speak and every thought I have. I will be aware of every word and thought today honoring you. I sing, “Praise to the Lord, the Almighty.” (UMH 139)

Sunday, August 18

Psalm 20:4 | Let God grant what is in your heart and fulfill all your plans.

~ Spirit of God, I depend on you to lead and guide me and I trust that you have placed goodness and mercy in my heart and mind. Today this is what is on my heart:

I sing with joy the “Spirit Song.” (UMH 347)

Monday, August 19

Psalm 21:6 | You grant _your name___, blessings forever; you make _your name___, happy with the joy of your presence.

~ God of Love, I am blessed in the large and small, in the ordinary and extraordinary, in the open and in the closed, in the hope and the despair. I am blessed and through those blessings I find happiness that is not of this time and place but of your kingdom. Today I sing, “Blessed Assurance” (UMH 369)

Tuesday, August 20

Psalm 22:1 | My God! My God, why have you left me all alone? Why are you so far from saving me – so far from my anguished groans?

~ Abba, this is the prayer of your son Jesus from the cross. I remember in the depths of my own pain, his pain. Jesus trusted you, but in his humanity cried out – and even as I trust, I cry out. Do you hear? I sing, “Be Still, My Soul,” in absolute trust. (UMH 534)

Wednesday, August 21

Psalm 23 | Read Psalm 23, slowly and quietly, over and over today in several versions.

~ Loving Shepherd, this psalm speaks of your loving presence, guidance and protection in all circumstances of life. Today I commit this prayer to my memory. I sing for joy: “The Lord’s My Shepherd, I’ll Not Want.” (UMH 136)

Thursday, August 22

Psalm 23:1 | The LORD is my shepherd, I lack nothing.

~ Good Shepherd, I live in abundance and yet at times I can see only scarcity. Help me today to see that I lack for nothing because of your provision. I count my blessings: _____.

Friday, August 23

Psalm 23:2 | He lets me rest in grassy meadows; he leads me to restful waters;

~ Leading Shepherd, I rest and I am restored when I follow your path. Today I breathe deeply and rest in your love and grace. The ways you restore me are: _____.

Saturday, August 24

Psalm 23:3 | ...he keeps me alive, he guides me in proper paths for the sake of his good name.

~ Guiding Shepherd, your path is before me, yet at times I cannot see it, I won't see it. Open my eyes to your way and close my eyes to my way and need to control you. I sit in silence.

Sunday, August 25

Psalm 23:4a | Even when I walk through the darkest valley, I fear no danger because you are with me.

~ Peaceful Shepherd, I know there are dark places in my life. I know that sometimes I walk in darkness. I know you are with me, even if I cannot see you – I can see your work in my life. Today I breathe in trust and breathe out fear. I breathe in light and breathe out darkness.

Monday, August 26

Psalm 23:4b | Your rod and your staff – they protect me.

~ Protecting Shepherd, your protection gives me strength and comfort in times of uncertainty. I remember when: _____
_____.

Tuesday, August 27

Psalm 23:5a | You set a table for me right in front of my enemies.

~ Gracious Shepherd, I don't have enemies but I do have fears. Is this the table you set for me in front of my fears? I name those fears and in the naming they lose their power over me:_____.

Wednesday, August 28

Psalm 23:5 | You bathe my head in oil; my cup is so full it spills over!

~ Merciful Shepherd, you heal me and restore me and in that healing and restoration I am blessed and overflowing with hope and joy. Thank you, for:

Thursday, August 29

Psalm 23:6 | Yes, goodness and faithful love will pursue me all the days of my life, and I will live in the LORD'S house as long as I live.

~ Loving Shepherd, you promise that your love and goodness will pursue me always. Thank you. I will dwell with you and you will dwell with me. Thank you. I am grateful for:

Friday, August 30

Psalm 118:1 | O give thanks to the LORD, for he is good; his steadfast love endures forever!

~ Lord of All, today I give thanks for

Saturday, August 31

Psalm 130:5 | I wait for the LORD, my soul waits, and in his word I hope;

~ Dear God, It is hard to wait for you to move and act, yet you call me to hope as I wait. Bring me to silence and stillness in this time of holy waiting. Help me to wait with your hope.

This prayer calendar is designed to aid you in your daily life of prayer. In the Psalms, the Song and Prayer Book of the Bible, God is written as LORD, a scared title for YHWH by the Hebrew people.

Read the scripture for the day over and over, out loud if possible. As you read, listen with an “ear of the heart” to a word or phrase that strikes you.

Reflect on that word or phrase asking yourself the question: “What is God saying to me through this word or phrase at this time?” Spend time in silence with this scripture mulling it over in your mind and heart.

Allow God to speak to you in the silence.
Offer a prayer out of your reflection.

Thank God for whatever you received in the silence of your prayer and take that with you through your day.

